



Cyan Magenta Yellow Black



Girls hoop action under way

Troopers spread early victories

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Students show style

Post schools promote drug awareness

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Friday, November 5, 2004

America's Warfighting Center

Vol. 47, No. 44

Around The Army

Fort Knox:

The Turret reported Oct. 28 that establishment of Units of Action would affect soldiers at Fort Knox even though the post has no deployable combat brigades.

However, the concept of moving Soldiers away from garrison jobs and keeping troops in combat brigades for 36 months is already at work on the post, and it's changing more than the next assignment for Knox Soldiers, noncommissioned officers attending a professional development session Oct. 12 were told.

Garrison staff jobs for Soldiers like range operations and public affairs are slowly disappearing, they were told. Civilians will be recruited to fill those positions. Soldiers will instead be busy training troops, training for combat or deploying on peacekeeping or combat missions.

For more on this story and other Fort Knox news, visit www.thewarrior.com/monitor/2004 on the Web.

Fort Bliss:

The Monitor reported Oct. 28 that Fort Bliss Soldiers requesting emergency financial assistance through Army Emergency Relief have a simpler, more expeditious way to meet their needs under a new program designed to streamline the process.

The new program, known simply as Commander's Referral, allows a Soldier's unit commander the authority to approve a loan of up to \$500 for immediate valid financial needs. The initiative is designed to simplify and expedite emergency financial assistance for Soldiers, AER officials say.

For more on this story and other Fort Bliss news, visit www.lawton-constitution.com/monitor/2004 on the Web.

Fort Sill:

The Cannoner reported Oct. 28 that a \$25 million contract has been awarded for construction of 110 homes just east of Geronimo Acres, north of Henry Post Army Air Field and south of the Community Activities Center. Construction is expected to begin in December. The project to build two- and three-bedroom units should be completed in about two years.

For more on this story and other Fort Sill news, visit www.lawton-constitution.com/chall/cannoner.htm on the Web.

Leavenworth:

The Lamp reported Oct. 28 that a member of the post Fire Department, Capt. J.T. Adair, a 16-year veteran of the FLFD, was recognized as the 2003 U.S. Army Installation Management Agency Northwest Region Firefighter of the Year in an award ceremony Oct. 6 in Colorado.

Adair was considered for the award alongside 19 other candidates from IMA Northwest Region installations, all of whom had met high standards to receive their nominations.

For more on this story and other Fort Leavenworth news, visit www.leavenworthlamp.com/ on the Web.

Defense Act hikes pay, incentives

Bill also increases Army end strength by 20,000, Marine Corps by 3,000

By Jim Garamone

AFPS

WASHINGTON — President Bush signed the \$420.6 billion

National Defense Authorization Act Oct. 28. The bill makes up 19.9 percent of the total fiscal 2005 federal budget and 3.6 percent of the gross domestic product. Last year, the percentages

were 20.2 percent and 3.8 percent, respectively.

The authorization act is the second of two bills that had to become law for the Defense Department to operate. The first is

the Defense Appropriations Act, which the president signed into law Aug. 5. The appropriations act provides the money; the authorization act gives DoD the OK to spend it.

The bill raises the end-strength level of the Army and Marine Corps by 20,000 and 3,000, respectively. Army end-strength

See Defense Act, Page 3

Too old?



(From right) Spc. Jerome Einspahr, 49, and Staff Sgt. Tim Trumble, 42, help a fellow 295th Ord. Co. Soldier load a casualty onto a litter during the unit's recent Military Operations in Urban Terrain training at Fort Riley.

Mobilized Soldiers face future without complaint

By J.D. Hardesty

Staff writer

Years of military service have chiseled deep lines on their faces. Several of the citizen-Soldiers graduated high school more than two decades ago. A few are close to drawing their Reserve retirement pay.

But, these 40-something 295th Ordnance Company Army Reserve Soldiers aren't finished serving the United States. They have been mobilized to support Operation Iraqi Freedom in spite of their graying temples, wrinkles and eyeglasses.

Beyond their age, a reservoir of knowledge and a lifetime of experience distinguishes them from the younger Soldiers in the company.

At Fort Riley, one requirement for the ordnance Soldiers was to train up on convoy operations and tactics at a Military

Operations in Urban Terrain training site before moving into the Iraqi desert.

One seasoned Soldier, 53-year-old Master Sgt. Keith Rollen, a senior ammunition inspector from Grand Island, Neb., said his 33 years of military service helped him assimilate cross-level transfers into the unit. Nearly 50 percent of the unit's manpower came by way of transfers.

"It took a lot of mentorship and understanding to combine Soldiers from across America into a cohesive unit where everyone feels welcome," Rollen said. "Deploying to support the War on Terrorism is the one thing I wanted to do before I retire from the Army. It's my obligation."

Rollen faces some individual challenges with the deployment.

"I know my physical condition isn't like

See Too old?, Page 3



Spc. Jerome Einspahr, 49, looks through his first aid kit for a syringe during the 295th Ord. Co.'s training.

Civilian health benefit fair set

Open season allows changes in coverage

Staff report

The Fort Riley Federal Employee Health Benefits Fair will be from 9 a.m. to 1 p.m. Nov. 18 at the Civilian Personnel Advisory Center, Building 319. Limited informational brochures will be available at that time.

The Federal Employees Health Benefits Open Season extends from Nov. 8 until Dec. 13.

Current FEHB data reveals that the program changes for this year may significantly impact about 1,885 employees based on the plans that will be dropping from the program, changes that may cause an employee to travel to receive care, etc.

As in previous years, the Army Benefits Center-Civilian will monitor the number of employees who need to make new elections, in an attempt to ensure that Fort Riley employees do not unknowingly lose coverage.

Employees can review a complete list of program changes to include plans dropping from the program, new plans being added, plan mergers, service area expansions and reductions, and changes in plan options by visiting the following Web sites:

- Find significant changes to the FEHB program at <http://www.opm.gov/ask/pdf/2004/04-404.pdf#page=4>

- View plan rates for 2005 at <http://www.opm.gov/viewDocument.aspx?q=560> (click on the link titled Federal Employees Health Benefits Program)

- Learn about High Deductible Health Plans with Health Savings Accounts at <http://www.opm.gov/viewDocument.aspx?q=617>

Plan brochures for 2005 will soon be available from the OPM Web site.

Beginning Nov. 8, employees can make their FEHB Open Season changes via the ABC-C at www.abc.army.mil or by calling (877) 276-9287.

Handbook shows way to ease back into training

By Jan Clark

IACH

Staffers at Irwin Army Community Hospital have developed a Post-Deployment Injury Prevention handbook for patients returning from deployment.

"The purpose is to reduce the occurrence of preventable overuse injuries Soldiers develop upon returning to their physical training programs," said Maj. Richard

Baxter, chief of Rehabilitation Services.

The number of patients with overtraining or injuries due to training errors appears to increase following deployment, he said. The handbook is designed to address the overuse injury issues and assist in the prevention by recommending proper training and correcting for training errors and providing information of proper running shoe selection. It further recommends how to

conduct physical training programs upon return from deployment.

Baxter said, "Many Soldiers are not able to participate in regular physical training programs while deployed. Upon their return stateside, the year or more away from their normal physical training activities and then the immediate resumption of these activities leads to training injuries. Many of these Soldiers return to running three to five miles several

days per week immediately without a gradual progression back to this level of training. Their bodies aren't used to that and overuse injuries develop, i.e., tendonitis and foot, ankle and knee pain."

Soldiers not performing up to their supervisor's expectations in their physical training program are often placed on a program to run twice daily, Baxter said. This is a sure-fire way to cause overuse injuries, he said.

The handbook is intended to

address these types of issues as well as assist in returning Soldiers to full physical training through a gradual progression.

The handbook will be distributed to Soldiers returning from Iraq when the process through the Soldier Readiness Processing site. Any Soldier returning from deployment who did not receive a Post-Deployment Injury Prevention Guide at the SRP site can pick one up at the medical processing station at the site.

You can find the Fort Riley Post online at www.riley.army.mil



Post news in brief

IACH requires appointments

In an effort to shorten waiting times and better serve the medical beneficiary population, beginning Nov. 15, the Immunization Clinic at Irwin Army Community Hospital will serve patients by appointment only. No walk-ins will be served.

As of Nov. 8, patients should call 239-3627 to schedule an appointment.

Library offers 2004 reading

The U.S. Army chief of staff's 2004 professional reading list materials are available to Soldiers at the Fort Riley Post Library.

Each year the chief of staff compiles a list of recommended reading materials for Soldiers ranging in rank from privates to senior officers. The readings are chosen to develop military professionals through knowledge of military history and strategy, as well as development of personal leadership skills.

This year's recommended titles include: "Inside al Qaeda: Global Network of Terror," "Transformation Under Fire: Revolutionizing How America Fights," "The General's War: the Inside Story of the Conflict in the Gulf," "The Lexus and the Olive Tree: Understanding Globalization," and "Makers of Modern Strategy."

New recommendations will become available as they are received.

The military collection at the library includes books about military strategy, global and American history and biographies of military and political leaders.

The Post Library is located on Custer Hill in Building 5306. Hours are 11 a.m. to 6 p.m., Tuesday through Saturday and noon to 5 p.m., Sunday.

For more information, call 239-5305.

ID Card Center restricts use

Fort Riley's ID Card Center will be closed to the public Nov. 1, 4 and 17 to handle units being mobilized.

For more information, call Gary K. Morris at 239-5667 or 239-9202.

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Prospective contractors visit

Post officials brief parties interested in bidding for family housing initiative

By J.D. Hardesty
Staff writer

Real estate contractors and developers visited Fort Riley Oct. 26 for a Residential Communities Initiative program site tour as the installation moves toward the August 2006 privatization of on-post family housing.

Col. John Simpson, garrison commander, said about 52 percent of Fort Riley Soldiers and their families live on post. "Soldiers want to live on Fort Riley," he told those visiting for the site tour. "Even with such a high percentage, we still have a waiting list of Soldiers wanting to move on post."

The intent of the RCI program, according to Larry McGee, director of Fort Riley's Public Works, is to have the Soldiers pay their Basic Allowance for Housing directly to the contractor. The contractor can then leverage those funds to make improvements to the existing quarters as well as constructing additional quarters "to help fill the gap of what the local economy may not be able to provide."

Soldiers living in government quarters forfeit their BAH and do not have to pay for utilities. Soldiers living off-post are paid BAH to offset rent and utilities costs, but the amount of BAH often does not totally cover those expenses.

More than 2,500 Soldiers and their families live in housing off Fort Riley.

Post officials expect the RCI program to improve the post's housing system.

"Our funding stream for maintenance and repair of family housing quarters is (less than) the amount of BAH that Soldiers would get if they lived on the economy," McGee said. "So the contractor will receive the full BAH equivalent from a Soldier and will be able to provide a larger investment (minus costs for overhead and profit) into maintaining existing and building new quarters on post."

Housing standards still would be controlled by Fort Riley, McGee explained.

"In the contract, there will be certain standards that the contractor has to renovate the quarters up to over a specified period of time. Additionally, the contract speci-

fies the standards of constructing new quarters, so that Fort Riley residents are getting the quality of quarters Soldiers deserve."

The RCI program is not exclusive to Fort Riley.

"I'm excited about the program," Simpson said. "From what I hear from other garrison commanders, the RCI program is good for the Soldiers and their families."

"This is a national initiative. Several installations have already made the RCI transition," McGee said.

"The first installation to go through the initiative process was Fort Carson, Colo. There are several installations across the country that have gone through the process, including Fort Hood, Texas, and Fort Lewis, Wash.," he said.

Simpson explained that, unlike some military installations going through the RCI program, Fort Riley's has a historic district of 253 buildings built in the mid-1800s to early-1900s, which makes maintaining these structures unique.

Of the 3,052 housing units on post, only two are listed as sub-

standard, said Charlie Williams, the installation housing manager. "They are substandard because of asbestos, lead-based paint, radon gas and water leaks. While installation housing is basically in good shape, maintenance is still a challenge," he said.

Privatizing housing will be seamless to the 3,000-plus Soldiers and their families living on post.

"The only difference is that the Soldier's BAH will go to the contractor so that they will be basically paying rent, but they should still see it as on-post housing," McGee said.

"They were forfeiting their BAH to live in government quarters and now that same housing allowance will go to the contractor," he explained.

There won't be major changes in residential design. "There are standard installation designs as to what the quarters will look like for this area of the country," he said. "So new housing construction will continue to fit in with the local theme."

The privatization process is still in transition.

"Public Works' transition to

contractors is set for August 2006," McGee said. "We haven't negotiated the specifics of the contract as to how long he has to renovate or revitalize the quarters that are being transferred to his control. Those will be all flushed out in the negotiation process."

Transitioning to privatized on-post housing is a way to leverage the private sector's access to large loans and financial backing, McGee said. "There is a significant income stream when you talk about over 3,000 sets of quarters and the monthly BAH from Soldiers going into that income stream."

According to McGee, the benefit for the Army is the funding cycle for major construction projects or renovation projects.

"There is so much to do in the Army, they don't get enough money to do everything they would like," he said, "so they are going to leverage the private sector to come in with a huge income stream right up front and raise housing standards rapidly."

"This is just one of the ways Public Works and Fort Riley are focusing on improving the quality of life for our Soldiers," he said.

Five participate in ceremony at Ware Field

Staff report

Five of the 18 Fort Riley Soldiers and civilians who retired in August were recognized for their military and government service during a ceremony Oct. 27 on Ware Parade Field in front of the post headquarters.

The other 13 retirees opted not

to participate in the ceremony.

Each Soldier in the ceremony received honors for their long and outstanding careers, including a Meritorious Service Medal.

The retiring Soldiers' spouses received certificates of appreciation recognizing their contributions and thanking them for the support they gave to their sponsors' careers.

All five retirees recognized at the ceremony plan to stay in the area.

Sgt. 1st Class Damell Foreman, Medical Department Activi-

ty, retired after 20 years of service.

Foreman will live in Junction City, where he plans to pursue a bachelor's degree in human resources.

Sgt. 1st Class Verona Jackson, MEDDAC, retired after 20 years of service.

Jackson will live in Milford, where she plans to complete certification in computer programming and seek employment with

the government.

Sgt. 1st Class Leslie Meyers II, Headquarters and Headquarters Detachment, 101st Forward Support Battalion, retired after 22 years of service.

Meyer will live in Manhattan, where he plans to pursue a law degree in criminal justice, travel and spend time with his family.

Master Sgt. James Nelson, Headquarters and Headquarters Battery, 1st Battalion, 5th Field

Artillery, retired after 20 years of service.

He will live in Manhattan, where he plans to enjoy drag racing and NASCAR.

Sgt. Maj. Jerry Donker, Headquarters and Headquarters Company, 24th Infantry Division (Mech), retired after 24 years of service. Donker will live in Junction City, where he plans to work as an information security manager, hunt, fish and play sports.

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Post news in brief

TRICARE phone changes

Irwin Army Community Hospital recently announced the following telephone number changes for TRICARE taking effect Oct. 1:

For appointments, urgent care, routine care, the nurse advice line or after hours, call (785) 239-3627 or (888) 239-3627.

For TRICARE benefit questions, medical authorizations or referrals for specialty care, claims status or the TRICARE service center, call (888) 874-9378.

Center slates group training

FRG Leader Basic Training will be conducted from 6:30 to 8:30 p.m. Nov. 9, for new FRG leaders and unit commanders. Instruction will cover the do's and don'ts of operating an effective FRG.

Both classes will be held at the Soldier and Family Support Center, Building 7264. Free childcare is available for anyone attending the classes. Pre-registration is required for the class and childcare. Call 239-9435 to register.

Holiday alters trash pick-up

Trash pick-up will be altered Nov. 8-12 in observance of Veterans' Day.

The schedule is:
Nov. 8 - Colyer Manor, Main Post, Marshall Airfield, dumpster at Building 621. (No change from regular schedule.)

Nov. 9 - Ellis Heights, O'Donnell Heights, Montith Heights and Peterson Heights (north of Thomas Avenue), dumpster at Building 5309. (No change from regular schedule.)

Nov. 10 - Warner Heights, Burnside Heights, dumpsters at Buildings 28, 45, 470, 540, 542 and 621.

Nov. 11 - No pick-up.
Nov. 12 - Meade Heights, McClellan Heights, South Warner Heights, Peterson Heights (south of Thomas Avenue), dumpster at Building 5309.

For more information, call Paul Cassella at 239-6274.

PW begins leaf pick-up

Leaf pick-up with the Public Works leaf vacuum machine began in areas of heavy tree concentration on Nov. 1. When weather permits, the leaf pick-up schedule (with emphasis on housing areas) will be:

Main Post on Mondays and Tuesdays
Marshall Army Airfield on Wednesdays
Camp Forsyth on Thursdays
Custer Hill and other areas on Fridays

Leaves to be removed by the leaf vacuum should be raked and piled in rows on the lawn area adjacent to the curb, but not on the curb or street.

Leaf piles must not contain grass clippings, limbs or other heavy debris that would interfere with the vacuum operation. The leaf vacuum will operate through November as long as necessary to complete fall leaf removal.

Housing occupants desiring to confine leaves in trash bags may place these bags adjacent to the trash carts for pick-up by the trash collection contractor on regular pick-up days. Bagged leaves should not weigh any more than 40 pounds each.

The trash collection contractor will not pick up leaves for activities serviced by dumpsters. These units will be required to haul their leaves to the yard waste compost area near Building 1945 in Camp Funston. Leaves may be hauled loose or in bags, but all leaves must be deposited loose into the compost. Dumpsters containing bagged or loose leaves will not be emptied.

For more information, call Burton Shepherd at 239-3908.



Post/Hardisty

Staff Sgt. John Romero, 45, of Montpelier, Idaho (second from right) and Spc. Jerome Einspahr, 49, of Carney, Neb., (behind Romero) are two of several seasoned Soldiers assigned to the 295th Ord. Co. going through the Military Operations in Urban Terrain training at Fort Riley before deploying in support of Operation Iraqi Freedom.



Post/Hardisty

Spc. Jerome Einspahr, 49, guards the first aid and litter team during Military Operations in Urban Terrain training.



Post/Hardisty

Staff Sgt. Johnnie Powe (right), 43, an ammunition specialist with 295th Ord. Co., searches a suspected local civilian as a fellow Soldier administers first aid during the Army Reserve unit's train-up at Fort Riley.

Too old? continued from page 1

the younger guys. I have to work out daily to get there," he said. "With more than three decades of soldiering, I do bring a lot of expertise in ammunition and personnel to the unit. I know how to take daily care of the troops."

Rollen said he looks forward to deploying because "We have better Soldiers today than those I served with when I joined in November 1970. They are better Soldiers, better trained and better equipped. I look forward to serving with them."

Spc. Jerome Einspahr will spend his 50th birthday in Iraq. The ammunition specialist said he was a surrogate father to a couple of Soldiers as they grew up. Now, being older than many of his fellow Reserve Soldiers, Einspahr said, "I will be dad again as we deploy."

Wearing combat boots for 22 years, Einspahr said he tries to stay as fit as possible to lead today's Soldiers.

"I've also learned to go at a set pace to work the entire day versus working hard for short spurts and tiring out."

Einspahr said, "Some of the kids we have in the unit are very bright and very motivated. They keep me young. I know when the time comes for me to retire I can pass the torch to them."

The former Marine looked back on his years of service and

described the difference between when he originally joined the military and the Soldiers of today.

"When I first joined, it was a comic book military," he said of the literature the military gave him to study. "Now, it's a text book military."

But, everything a Soldier needs to know to survive on the battlefield isn't located in textbooks, one more mature Soldier added.

"With 21 years of military service and 13 years serving on active duty, I bring a lot of knowledge and experience to a unit," said 43-year-old Staff Sgt. Johnnie Powe, an ammunition specialist assigned to the unit from the 1001st Training Detachment headquartered in Huntsville, Ala.

He earned his experience during five earlier deployments, the latest in 2001, when he was mobilized to Saudi Arabia for a year.

Experience comes with age, and with age comes wisdom. I know challenges lay ahead serving in the military at my age," he said while guarding the unit's gate entering its makeshift compound, "but I'm still able to meet the mission and mentor Soldiers."

Although he is older than most of his fellow Soldiers, Powe said his age is not a problem. "I'm a Soldier. I'm trained and I'm still physically fit. This is what I've been paid to do."

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Defense Act continued from page 1

will be set at 502,000; Marines, 178,000.

In addition, the bill funds a 3.5 percent across-the-board pay raise for servicemembers and eliminates out-of-pocket expenses for housing by increasing the basic allowance for housing.

The bill also makes permanent increases in hostile fire and imminent danger pay to \$225 per month and in family separation pay to \$250 per month.

The bill also allows the base realignment and closure process to move forward. The House version of the bill would have delayed the process for two years.

The bill authorizes a number of programs for reserve-component servicemembers.

On the medical side, it provides for up to 90 days of TRICARE coverage for reserve Soldiers and their families who are mobilized. It also authorizes 180 days of transitional TRICARE health benefits for reservists, active-duty members and their families after separation from active duty.

In addition, members of the selected reserve earn a year's eligibility for TRICARE for each 90 days of service in a contingency. "If a Guardsman or reservist has served for at least 30 days called up on a contingency operation, then had 90 days of service," said Dr. William Winkenwerder in an

Oct. 29 interview, "for each 90 days of service, they're eligible for a full year of TRICARE coverage if they sign up for another year of reserve service."

Winkenwerder is assistant secretary of defense for health affairs.

The bill authorizes a new reserve-component educational assistance program tied to the Montgomery GI Bill. The provision has different rates, depending on the length of active-duty service. It is 40 percent for service of 90 days to one year, 60 percent for one year to two years, and 80 percent for more than two consecutive years.

The bill also speeds up concurrent-receipt payments for retirees rated 100 percent disabled. In the past, retirees had their pay doctored dollar for dollar by the amount of disability payments the Department of Veterans Affairs paid them. Last year, Congress authorized a phase-in process that would eliminate the concurrent-receipt prohibition over a decade.

On the family and bachelor housing front, the bill eliminates a statutory ceiling on the privatization of housing. In the program, which allows DoD to leverage public money with private contractors, the services can build and renovate family and bachelor housing.

Basic officer leadership course to be taught in three phases

Army News Service

WASHINGTON - Pilot programs on the three-phase Basic Officer Leadership Course have started with the first phase being pre-commissioning, said Gen. Kevin P. Byrnes, commanding officer of Training and Doctrine Command, at the 50th Association of the U.S. Army annual meeting Oct. 27 in Washington, D.C.

Phase two, which will be piloted this year and introduced by the

fourth quarter of 2006, is six weeks of common-core instruction on combat leadership for all officers.

Eighty percent of the course will be conducted in a field environment, Byrnes said. The final part of BOLC, which is branch specific, is being revamped as well, he said.

All phases are to be introduced into the Army in the fourth quarter of 2006, with the pilots starting at Fort Benning, Ga., in 2005, he added.

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'Hooah' born in Seminole Wars

By J.D. Hardesty
Staff writer

The most widely used word by Soldiers traces its origins back to the Seminole Wars.

Hooah (hoo ah) adj., adv., n., v., conj., interj., excl. [Orig. unknown] Slang. A word used by Soldiers with virtually hundreds of meaning.

For more than a century and a half, the guttural response emitted in place of "yes" or "I understand" has been part of Soldiers speech.

Today, the word still vibrates the hallowed halls of Fort Benning, Ga.'s Infantry Center. It is embedded in the "can do" attitudes of paratroopers of the XVIII Airborne Corps and 82nd Air-

borne Division at Fort Bragg. And hooah, is often heard on the sacred cavalry grounds of Fort Riley.

It is uttered at award ceremonies, bellowed from formations, and repeated before, during and after training missions.

So, where did the term originate?

The simple answer is no one really knows. Heck, historians can even agree on the correct spelling.

No matter, the word expresses high morale, strength and confidence. And, when powered by an overwhelmingly proud, and usually loud, tone of voice, hooah seems to pump out any possibility of being bound by the written word.

It's an affirmation.

The most widely accepted the-

ory is the word originated with the Second Dragons in Florida as "hough" in 1841.

In an attempt to end the Second Seminole War of 1835-1842, a meeting was arranged with the Indian Chief Coacoochee.

After the meeting, there was a banquet.

Garrison officers made a variety of toasts, including "Here's to luck" and "The old grudge" before drinking. Coacoochee asked Gopher John, an interpreter, the meaning of the officers' toasts. Gopher John responded, "It means, 'How d'ye do.'" whereupon the Chief, with great dignity, lifted his cup above his head and exclaimed in a deep, guttural and triumphant voice, "HOUGH!"

And so the expression was born. It has since achieved high

popularity - having lasted for more than 150 years, through the American Civil War, two world wars, the Korean conflict, the Vietnam War, Operation Urgent Fury in Grenada, Operation Just Cause in Panama, Persian Gulf War, the Global War on Terrorism and Operation Iraqi Freedom.

And the expression continually grows in popularity. Once heard mainly from infantry soldiers, hooah has spread throughout the rest of the Army. Soldiers continue to acknowledge a mission to be accomplished, a job well done, victory at a sporting event or any occasion imaginable with "HOOAH!"

Soldiers can acknowledge Native American History Month in November with an extra loud hooah to the Seminoles.

Equal Opportunity

Event will renew protection act

By Nicole L. Powell
EO Advisor

November is Native American Heritage month. The Fort Riley Equal Opportunity Office and the Department of Environment and Safety will host a



Sgt. 1st Class
Nicole Powell

free observance on from 11:45 a.m. to 12:45 p.m. Nov. 9 at Riley's Conference Center.

This year's observance will include the renewal of the Native American Graves Protection and Repatriation Act between Fort Riley and the Kaw and Pawnee Nations of Oklahoma.

The Kaw Nation, the People of the South Wind (Kanza), now headquartered in Kaw City, Okla., once owned by treaty all the land along the Kansas River.

Two hundred years ago, the Kanza lived near the junction of what is today known as the Kansas and Missouri Rivers. Non-Indian settlers moved into the area and renamed the site

Atchison, Kan. Today, the Kanza population is about 2,700. The last remaining full-blooded member of the tribe died on Easter Sunday, 2000.

The Pawnee nation has a long and proud history going back more than 700 years.

In the early 19th century, there were more than 10,000 members of the Pawnee nation living along the North Platte River in Nebraska.

Of all the Tribes in the Central Plains, the Pawnee developed the most remarkable relationship with the U.S. Army.

The Pawnee Scouts participated in Kansas in 1964, the bulk of which was drawn from Fort Riley units.

For a time, the Pawnee Battalion served as part of the Fifth U.S. Cavalry that was frequently posted to Fort Riley.

Much remains to be learned about Native Americans and their contributions to American culture.

Please join the Equal Opportunity Office staff on Nov. 9 as we celebrate the contributions of Native Americans.

This event will include Native American dancers and food sampling.

For more information, call the Division Equal Opportunity Office at 239-3379 or 239-8433.

Cherokee chief saves president's life

By J.D. Hardesty
Staff writer

Native Americans have served with America's military forces with distinction and honor for centuries.

The Navajo, Choctaw and Creek code talkers of World War II, cavalry Indian scouts helped forge the young nation's expanded westward and many Iroquoian people from southeastern states fought alongside Northern Soldiers and the Southern separatists in a war that would pit brother against brother.

East coast tribes such as the Cherokee, the Huron and the Mohegan allied with colonialists

to beat the British and establish a new nation — an America in its infancy.

Back before Missourians built the first Capitol for the State of Kansas, before then-Maj. George A. Custer rode his horse over the Flint Hills on Fort Riley, back when the Kaw, the Pottowattomie and the Kansa Indian tribes controlled the local plains, one Native American warrior saved a future president's life at the Battle of Horseshoe Bend along the Tallapoosa River in Alabama.

His name was Junaluska.

Junaluska was a Cherokee chief born near what is now Dillard, Ga., around 1776. He is the unsung hero of the greatest Indian battle in history during the War of

1812 when the mighty tribe of Creek Indians allied themselves with the British against the United States.

Junaluska recruited some 800 Cherokee warriors to go to the aid of Andrew Jackson and his Tennessee militia in an advance down the Coosa River against the Creek Red Sticks.

During the waning months of 1813 Jackson was forced to rely more and more upon the Cherokees. Jackson even employed them to garrison Fort Armstrong, on the upper Coosa, and protect his provision depot.

Jackson, with an army of 2,000 men, including 500 Cherokee led by Junaluska, set out Horseshoe Bend, 70 miles away.

The battle site was a place the Creeks called Tohopki. There the Tallapoosa made a bend that enclosed a hundred acres in a narrow peninsula opening to the north.

The battle opened at midmorning on March 27, 1814. The Cherokees joined frontiersmen like Sam Houston and Davy Crockett fighting for Jackson as the battle raged on.

A few prisoners were brought in and, while officers were attempting to question them in the presence of Jackson, one broke loose, snatched up a knife and lunged for the general.

Junaluska, swiftly buried his tomahawk into the Creek warrior's head, saving Jackson's life.

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Commentary

Friday, November 5, 2004

Fort Riley Post

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Riley Roundtable

This week's question:

There has been a big disparity between the way Vietnam veterans were welcomed home and how War on Terrorism veterans are welcomed home. Why do you think that is?



"I think America sees the necessity of the War on Terrorism. The 9/11 attacks touched everybody."

Staff Sgt. Paul Barboa
295th Ordnance Company
U.S. Army Reserve



"So many people opposed the Vietnam War. We see a lot of patriotism and support now because most people still support the War on Terrorism."

Staff Sgt. Tan Evans
523rd Military Police Company



"We were directly attacked on 9/11, so I think American society wanted revenge and they welcome us home. In Vietnam, there was no direct attack against America. It's nicer coming home now. I can't imagine coming home then."

Capt. Eric Gouldthorpe
101st Forward Support Battalion



"I believe with Vietnam a lot of people said it wasn't really a war and people didn't support it. With the War on Terrorism, people believed Saddam (Hussein) had to be removed and they support what Soldiers do both at war and when they come home."

Pfc. Richard Parmer
Company A,
1st Battalion, 34th Armor



"I think the biggest reason for Americans supporting the War on Terrorism is with the Sept. 11, 2001, attacks they saw the impact of terrorism and are behind us. In Vietnam, Americans didn't understand why we were at war."

1st Lt. Taylor Ray
Company A,
1st Battalion, 34th Armor

Next week's question:

If you could tell our civilian news media what to cover in Iraq, what would you ask them to write about or film for television?

Opinions also may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions will be printed even if they miss press deadline.

By Col. John Simpson
Garrison Commander

The winter season is upon us. Temperatures will soon be dropping and we will be driving in snow and ice once again.

One of the priorities for the command group is the safety of our citizens, Soldiers and family members living on and off the installation.

Since we're approaching the winter season, I'd like to address a couple of concerns of mine and those of the leadership on Fort Riley.

Winter

A lot of Soldiers on post missed last year's winter season here. We had quite a bit of snow, more than in recent memory. We even closed the installation because of the amount of snow that fell.

Kansas can have quite a bit of snow. When I was at Fort Leavenworth in the early 1990s, we had more than 12 inches of snow. I can't predict the amount, I can only warn people to be careful while they are driving; and, if it snows during the work period, don't be in a hurry to get home. Wait for our public works crews to clear, sand and salt the roads. Since I have been here, the one time we had accidents, supervisors released their Soldiers early and there were problems. The roads were a mess and the Soldiers were in a hurry to get home.

Should you be released early, wait until the PW folks have worked on the roads before you drive on them.

The leading cause of death during winter storms is transportation accidents — 72 percent of all Soldier deaths occur from vehicle accidents.

I had a lieutenant that had a pretty nice car. He knew he needed tires but wanted to wait until after a training exercise before he got them.

That weekend he traveled about two hours away. There was a rainstorm and his vehicle hydroplaned and he was tragically killed.

He knew and his buddy knew that the tires were bad, but he wanted to save a few more dollars before he bought his new ones. It's a pretty high price to pay.

It's going to take concerned individuals to complete these safety checks. The holidays are approaching. We have Thanksgiving and Christmas coming. Most people travel during these two holidays.

Vehicle safety

Along with that, I will tell you that checking your tires is key to safe travel.

A lot of folks have gone out and bought new tires, like the spinners that are so popular today and tires that give your car a low profile. They still need to be properly inflated and have no less than a quarter of an inch of tread on them for safe driving.

Traveling

The following tips were provided me by safety experts on post:

You should have a winter



Col. John Simpson

survivor kit that includes necessary medications, several blankets, sleeping bags, extra newspapers for insulation, plastic bags (for sanitation), matches, extra set of mittens,

socks, and a wool cap, an gear and extra clothes, small sack of sand for generating traction under wheels, small shovel, small tools (pliers, wrench, screwdriver), booster cables, set of tire chains or traction mats, cards, games and puzzles, brightly colored cloth to use as a flag, canned food and nuts, nonelectric can opener, bottled water, flashlight and batteries

Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

Before you leave, have a mechanic check the battery, antifreeze, wipers and windshield washer fluid, ignition system, thermostat, lights, flashing hazard lights, exhaust system, heater, brakes, defroster and oil level (if necessary, replace existing oil with a winter grade oil or the SAE 10W30 weight variety).

Keep a windshield scraper and small broom for ice and snow removal.

Maintain at least a half tank of gas during the winter season.

Plan long trips carefully. Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person.

If you must go out during a winter storm, use public transportation.

Dress warmly. Wear layers of loose-fitting, layered, lightweight clothing.

Carry food and water. Store a supply of high energy munchies" and bottles of water.

If trapped in the car during a blizzard:

Stay in the car. Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost in blowing and drifting snow.

Display a trouble sign. Hang a brightly colored cloth on the radio antenna and raise the hood.

Occasionally run the engine to keep warm. Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car's dome light when the car is running.

Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

Do minor exercises to keep up circulation. Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping.

Avoid overexertion. Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical

conditions worse. Be aware of symptoms of dehydration.

Storms

A winter storm watch indicates that severe winter weather may affect your area. A winter storm warning indicates that severe winter weather conditions are definitely on the way.

A blizzard warning means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

Frostbite, hypothermia

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes or nose and ear lobes are symptoms of frostbite.

Hypothermia is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness and exhaustion.

If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person's trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure.

Put the person in dry clothing and wrap their entire body in a blanket.

Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.

Dragon Teeth

Two weeks ago a story about the 'Dragons Teeth' security barriers appeared in the Fort Riley Post newspaper.

I don't think safety was given enough emphasis. Yes, the dragon's teeth are there for force protection, which is a safety measure, but the key piece that didn't get enough attention was that damage could occur to your vehicles tires if the teeth are not approached correctly, it has happened.

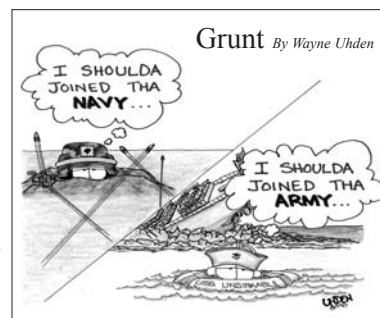
Don't go faster than 5 miles per hour across the strips, do not back up or let your car roll back. The key point is, check your tires more often if you travel on and off Fort Riley. We've done our part. We've posted the signs. We are checking and maintaining the strips with each shift that mans the gates, but you need to do your part. Check the tire pressure, slow down when you go over them and cross them at a straight angle.

Clothing

It's getting cold. Wear the proper clothing and make sure your children don't leave home without it. If you have children like I do, they have a tendency to run out the door before they put on their winter jackets. They don't take their gloves and don't think about wearing the proper footwear. We as parents need to insure our children are safe against the Kansas winter.

Helmets

Finally, the issue with riding bikes without helmets is still surfacing. I recently saw a family riding their bicycles around their neighborhood. All three kids had their safety helmets on. The problem was the parents weren't wearing theirs. According to DODI 6055.4, bicycle riders will wear helmets on military installations.



FORT RILEY POST

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Publisher-Maj. Gen. Dennis Hardy
Public Affairs Officer-Maj. Jeffrey Buczkowski
Command Information Officer-Gary Skidmore
Printer-John G. Montgomery
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Circulation 8,800 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

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What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas):



When the doorbell rings ...

War sometimes wounds emotions of those left behind

By J.D. Hardesty
Staff Writer

The reality of war, the impact it has on Soldiers, their families and those left behind can be felt throughout the Fort Riley community.

Even for rear detachment Soldiers who provided operational support for the nearly 800, 1st Battalion, 34th Armor Soldiers who were deployed in support of Operation Iraqi Freedom.

The call came in to Capt. Jeffery W. Jurand, rear detachment commander for 1st Bn., 34th Armor.

"He received a casualty notification, called me into his office and told me what we had to do," said Staff Sgt. Erick Palacio, a tank mechanic with Company B who joined the casualty assistance team notifying a fallen comrade's wife that her husband was killed in Iraq. "It was very painful because I knew the soldier who was killed. He was one of the soldiers in 2nd Platoon."

After a mission briefing from the garrison commander, everyone involved with the notification process, two chaplains, Jurand, the company's Family Readiness Group leader and Palacio, set out to break the news to the soldier's wife who was staying with her mother more than 200 miles from Fort Riley.

"As we drove slowly up to the house, all I could think of is this is what America is — a gentle rural town, like those I read about when I was growing up in the Philippines," Palacio said. "This is what America is made of, not the artificial image of Hollywood (Calif.) we see on television and in the movies. This is where the Soldiers of America come from — little towns from all across the nation."

"Nearing her house, all I could sense was the deep loss I had for the Soldier and a certain anguish that the spouse was about to be notified," he said. "We carried news that would change her life forever."

Palacio recounted how the chaplain's knock on the front door was unanswered. He called her on the telephone and she came downstairs and the casualty assistance team made their notification.

"It was painful," he said. "We were there to console her."

But consoling was made difficult for the mechanic when he saw the little boy. "All I could see was my little girl," he said. "I have two little girls and one of them is about the same age as their little boy. He was a perfect little boy, he looked just like his dad."

The devastating news was over. Sorrowful compassion ardently surrounded the widow seemingly insulating her from those cold words that had greeted her that morning.

"We stayed there to console the family as more and more relatives came to the house to show the young widow support," he said. "We listened to stories from her and her mother. We looked at pictures. They have an unbelievably nice family."

Palacio said his fallen comrade's wife made his duty easier. "She displayed an unbelievable strength. She held herself with such poise and grace, especially learning a few minutes before her husband had died."

Reflecting back on his emotions that day, knowing the knock on the door would devastate the person's life inside, he said, "I wish we didn't have to do it. I dreaded every minute as we approached the house. It was sorrowful to know that a spouse had just lost her husband. And a son had just lost his father he would only know by the albums of pictures, family stories and Army citations

hanging on the wall showing his father was a good Soldier while defending his country."

"Human as we are I struggled with tears while sharing in the sadness from the moment we notified her of her husband's death," he said as he described his emotional fight.

"And the struggle remained as we looked at pictures and heard stories from his wife, his mother-in and the rest of the family who gathered to grieve their loss."

"Telling the stories and looking through the pictures was therapeutic for his wife, but it helped us because we knew 'the Soldier' but we were getting insight into the husband, the father and the son-in-law," he said. "Sometimes, when your working in the motor pool and conducting all of the tasks associated with being a Soldier, personal images don't show up too often, but she gave us insight as to who he was as an individual beyond the uniform he wore."

"And all the time we looked at the pictures and listened to the stories, a sweet reflection of the Soldier killed in action could be found in his little boy," he said.

The casualty assistance notification team's job wasn't through, however. Before they could return to Fort Riley they went to the Soldier's grandmother's house because she had raised him.

"When we got there, she was in the back of the house doing some gardening work," he said. "When her husband called her, she came to the front of the house and saw us. She recognized instantly what was going on. She almost collapsed right there, but she was supported by her husband."

The presence of official vehicles and Soldiers in dress uniform caught the attention of neighbors. "Again it reminded me of what America is — small towns with strong, patriotic people," the staff sergeant said. "Neighbors came out and stood on their porches and watched until we went inside the house and sat down."

"I had to get something from the vehicle," he said. "When I went outside, there was an old-timer, hearing aids in place, standing across the gravel street. He said, 'hey Soldier, hey Soldier.'"

"Yes sir," Palacio replied. "Did something happen to her grandson?" the old-timer asked.

"One moment sir," Palacio recoiled as he jetted back into the house to receive the commander's approval before answering the neighbor's question.

Getting permission, Palacio went to talk with the neighbor. "As I neared the old-timer's house, I saluted the American flag flying on a pole in his front yard before approaching his porch and telling him, his neighbor's grandson was killed in Iraq," Palacio said.

"He was very quiet, then responded, 'He was a good kid.'" Palacio recounted of his short conversation with the neighbor before rejoining the rest of the team in the grandmother's house. "When I came out, the older gentleman's flag was at half-staff. He had lowered the flag for the young boy he remembered, he had lowered it in honor of his neighbor's grandson and he lowered it to honor the Soldier who had paid the ultimate sacrifice for America's freedom."

"After that, anytime I drive by a flag is very humbling," the young noncommissioned officer said. "Sometimes people take the flag for granted."

While his job as an accompanying casualty assistance team member was nearly a year ago, "I still carry it, I still remember that day," Palacio said. "I don't think I will ever forget that day."

Families face fears daily while Soldiers overseas

By J.D. Hardesty
Staff Writer

It was not knowing that weakened her knees as she slowly walked toward the door, terrified about who she might find on the other side.

"It was 7 a.m.," Alyssa Edwards said of that May morning when someone rang her doorbell while she was standing on the stairs in her Fort Riley townhouse. "No one rings the doorbell in on-post housing areas that early."

"My 7-year-old son, Benjamin, looked at



me from the top of the stairs and said, 'the door bell. Oh my God, mom, the doorbell.'" she said. "Tears started coming out and I asked Benjamin to check and see if it was someone in a green suit outside. He said he couldn't look. I said, 'Neither can I.'"

... Nine months earlier, her husband, Capt. Dominick Edwards, deployed to Iraq with Headquarters and Headquarters Company, 1st Brigade Combat Team.

She had already experienced the casualty notification process. A few weeks earlier her next-door neighbor, also a member of the Big Red One, died of wounds he

received in an explosion during combat operations in Iraq.

After that, Alyssa said she sat Benjamin down and explained how the notification process would happen if something happened to his father.

"Every time I was sad or stressed, he would ask, 'Is dad OK?'" she said. "Every telephone call, to him, was bad news about his dad. He didn't understand how the notification would occur ... so I explained the process to him."

"I told him that they would come to the door wearing a green suit," she said. "Maybe I was wrong in doing so, but he was going through a lot of anger with a rollercoaster of emotions."

One morning, Benjamin asked his

days ago he said, 'you know, Mom, when wives kiss their husbands good-bye, they may never see them again.'"

...

With Benjamin frozen at the top of the staircase, every step she took toward the door made Alyssa feel more nauseous.

"I knew it was the Army's casualty assistance officer notifying us of Dominick's death because there was no reason for my doorbell to ring that early," Alyssa said as she braced for news about her husband and father of three.

Fear, concern and the nauseous feeling invaded her normal routine of fixing her children breakfast the moment the front

doorbell rang. "Panic set in. I thought I was going to throw up," she recounted. "I was numb. Why does Benjamin have to be awake? You don't want a child standing by within earshot if this is the notification his father, my husband was dead."

Alyssa's maternal instincts took over. "My first thought going toward the door was to protect my son," she said. "I remember the fear, the horror. Maybe if I don't open it, it will just go away. But then reality set in and I knew I had to answer the door."

"The hardest thing was not that I was going to lose a husband," she said. "As a mom, it was my children losing their father I was concerned with. No one wants to have his or her children hurt, and that would have hurt me more than anything."

"Your mind starts working overtime, running through horrific scenarios," Alyssa said. "You don't want your kids to face that moment. It is a natural instinct to protect your kids from that pain."

When Alyssa opened the door there was no one in a green suit. An elderly gentleman stood at her door with his granddaughter, dropping her off an hour early so she could go to school with one of Alyssa's children.

...

"I had just died and come back to life," Alyssa said of the moment she realized it wasn't a casualty officer standing at her door. "It took me a while to start moving again. I could also tell it was having the same effect on my son."

"I tried to not assume the worst, but it is always in the back of your mind," she said. "I was angry as I thought of the gentleman standing at my door. I thought, 'Why would you ring my doorbell so early?'"

She said nothing to the girl's grandfather. "I didn't want to share what I was feeling and the anger I felt. It wasn't his fault. He didn't know."

Capt. Edwards returned safely from Iraq and the family has since moved to Fort Benning, Ga., but Alyssa knows other spouses of deployed Soldiers have faced and will again face the fear she experienced.

"There probably isn't a woman on post that hasn't gone through the sleepless nights or that one moment when ...," she said as she started thinking again about the unknown early morning caller ringing her doorbell.

"Soldiers and their families know there is a risk of being killed while serving in the Army," she said. "When our close friend and neighbor was killed, it made the risk a reality that this could happen to our family."

The morning visitor emphasized that realization for Alyssa and Benjamin.

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Post news in brief

myPay adds capabilities

Online capabilities have been added to myPay. A Restricted Access Personal Identification Number (RAPIN) now allows the member to provide a spouse or trusted individual with a view-only PIN.

This new capability offers a needed tool for deployed members.

- The member can set the RAPIN by signing into myPay and then, from the main menu, clicking on the "Personal Settings" page.

- Then click on the "Restricted Access PIN."
- Input the RAPIN and provide it to your spouse or a trusted individual.

For the spouse or family member to use the RAPIN, they simply sign into myPay with the member's SSN under "LoginID" and then enter the provided RAPIN.

With the RAPIN, the spouse or family member can view and print the LES and W2 but cannot make pay changes.

myPay now allows the member to provide a personal e-mail address for future correspondence. The e-mail address will be used to keep the member apprised of future events and capabilities, such as e-mail notification of pay changes and other items of interest.

Members can provide their e-mail address by setting up their "Personal Preference" page.

Army seeks new warrants

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its warrant officer ranks. Positions are open in all 45 specialties. Applicants with less than 12 years active federal service are encouraged to apply.

For more information and all forms and documents required, visit www.usarec.army.mil/warrant on the Web or call DSN 536-0328, 536-0466, 536-0271, 536-1860, 536-0458 or 536-0484.

Post limits Soldier support

Because of world affairs, Fort Riley's community support is extremely limited. Until about Feb. 1, 2005, community members may not receive Fort Riley support for color guards and requests for military equipment.

Fort Riley will continue to support requests for the Commanding General's Mounted Color Guard, on-post tours and speakers.

For more information, call the Public Affairs Office at 239-3033.

Antiterrorism training online

Antiterrorism Awareness Training required annually for all military, Department of the Army civilians and Department of Defense contract workers is available online at <http://at-awareness.org>.

To access the training site, use the access code word "aware."

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War can sneak home in baggage

Some Soldiers carry invisible battle scars, new habits when they return

By Jamie Bender
19th PAD

For some Soldiers, the stress and intensity of the battle returns with them to the home front, forcing them to wage another war to overcome hurtful or disruptive behavior.

After spending six months to a year being extremely aware of surroundings in order to stay safe, to stay alive, Soldiers may find it difficult to gear down when they return home.

Fort Riley Chap. (Lt. Col.) Daniel McClure sees that happening and is one of the readjustment weapons Fort Riley puts on the home front battlefield to help Soldiers facing such emotions win their personal battles.

McClure is part of the redeployment process that provides returning Soldiers briefings about things they might experience during their first few months back home.

McClure tries to remind people of things they already know. "I try to liken it to everybody being a rattlesnake expert, but I see the rattlesnake that they don't. Being an expert doesn't help you if you get bit. My job is to warn people of things they are already experts in."

Soldiers may have to get used to everyday things again, including the basics of driving on safe streets.

Most everyone knows how to drive, McClure said, but when Soldiers come back from Iraq, they may sometimes find it difficult to avoid straddling a leaf in the road instead of going around it.

"It's my job to remind people that they might do that," he said.

That recently acquired habit might cause someone watching them drive like that assume the driver is acting erratically or may be drunk, McClure said.

"(Such behavior) may cause you to do a roadside sobriety check. It's OK. They (police) are just doing their job. They may laugh about it when they find out you just got back from Iraq. It's no big deal. It may happen."

Another common issue is the language often used by Soldiers in the field.

Vulgarity more prevalent

"There are a lot of people that are offended by vulgarity," McClure said. "I just remind people when they come back that while we do get a little base while

we are on deployment, we need to be aware of it while we are home. Are we going to slip? Yes, probably. But there is not much you can do once you have said it. You just apologize and go on."

After living for many months in a sinking where Soldiers need to be constantly on the lookout for things that may be a threat to their fellow Soldiers or themselves, it may be difficult for some to let that vigilance down.

Little things may cause an unthinking reaction, he suggested.

"If you have small children, don't be surprised one day if you wake up to an eyeball because your daughter or son just came to wake you up. (Having you home is) a big deal to them, but you may just haul off and belt them," McClure said.

"I try to remind the Soldier to identify before you fight here. That is something we are supposed to have learned in Iraq anyway," he said.

Things that might have seemed unimportant before deployment might now seem totally trivial upon return. McClure said he reminds Soldiers that their family members probably won't feel the same way.

"What you might have dealt with in the past as being a nuisance

may now be beyond nuisance, a complete and utter waste of time," he said.

"Mascara has never been important to me. But you come home from an overseas assignment; it's not just unimportant, it's trivial. Even though it may be trivial to me, that doesn't mean that it is my 16-year-old daughter," McClure suggested.

Soldiers earn extra money during deployment with benefits like hazard duty pay and family separation pay. Some can still come home to financial difficulties.

"They are young. They can get out of debt," McClure said. "It sounds harsh, but there is nothing they can do about the fact that the money is gone or is saved or whatever. That's a done deal. So deal with it. Don't be fussing at the wife because she didn't save \$20,000. It's an 'us' issue not a 'my' issue."

Infidelity need not end marriage

A particularly sensitive issue returning Soldiers might have to deal with is infidelity.

"That's not the end of the world. It creates trust issues and creates a problem, but it's not the end of the world. It's not a death

nail to a marriage. It can be fixed if people are willing to fix it."

Changes take place over time for everyone. After being separated for an extended period of time, those changes can seem instantaneous to friends and family members.

Changes that took place slowly from the Soldier's perspective, McClure said. "He probably doesn't even realize they did. Like gaining weight, you don't realize it until your pants don't fit. You would notice my weight gain immediately if last time you saw me I was 30 pounds less."

Soldiers also may have to deal with issues that arise from combat and combat related activity.

"I let the Soldiers know that those issues ... will never go away," McClure said, "so you have to learn to manage the issue now. You don't drink your way through it and it goes away in 10 years. It doesn't happen like that."

"I know that a lot of Soldiers saw things that they weren't supposed to see. That, too, is not the end of the world."

"We can learn to deal with those things if we are willing to accept the tools that are offered," McClure said, referring to all the programs and specialists available at Fort Riley.

Installation managers: Cuts improve Army

By Michael Norris
Army News Service

WASHINGTON — The Army has taken 165,000 acres off its inventory in the past year, and a senior official called this a "monumental achievement."

"There is a huge effort to get excess real estate off the government rolls," said Joseph Whitaker, deputy assistant secretary of the Army for installations and housing.

Whitaker was one of eight senior Defense leaders gathered Oct. 25 for a forum at the Association of the U.S. Army annual meeting titled "Our

Installations Supporting the War: Relevant and Ready."

To ensure infrastructure is well utilized, Whitaker said, "If you build a square foot, you have to take down a square foot." Old structures can be "money drains," he added.

Whitaker explained the success of programs permitting Army facilities that have become outmoded because of increasing urbanization to trade properties so hampered training maneuvers could continue.

For instance, there have been fewer flyovers at some facilities because of encroaching suburbanization. Property swaps worked out with the private sector contribute to readiness, he said.

"We must meet the needs of the present without compromising the

needs of the future," said Raymond Fatz, deputy assistant secretary of the Army for environment, safety and occupational health, when he took the podium.

"It's not only about taking care of today's Soldiers, but also tomorrow's Soldiers," he said.

Fatz said the Army has a better record as steward of the environment than is commonly recognized, and that it needed to better publicize its efforts.

He cited diverting wastewater to irrigate golf courses at Fort Carson and the Army's use of clean vehicle technology for transportation shuttles in Fayetteville as two examples.

The upshot, Fatz said, is the Army "wants to build (community) partnerships ... that strengthen the military."

"The Army is changing the way it's doing business and doing it while we are at war," said William Armbruster, deputy assistant secretary of the Army for privatization and partnerships.

He said partnering with the private sector in family housing had "a great return for taxpayers, Army families and installations."

"It's also a win for local communities," he emphasized, explaining how many sub-con-

tracts go to the local labor force.

Armbruster said 1,800 new housing units had been built with private partnerships at Forts Hood, Lewis, Carson and Meade under the pilot program.

That figure, he said, was beyond the 800 structures built by the Army itself over the past 20 years.

"Ninety-two percent of Army housing will be privatized," said Maj. Gen. Larry Lust, Army assistant chief of staff for installation management, adding that the remaining 8 percent are unfeasible for development because of location.

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AMERICAN LEGION POST #17
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Game ranks high

'America's Army' judged in top five

By Kelli R. Petermeyer
Army News Service

After two years, the official U.S. Army game has registered more than 4 million users and is now one of the top five games in the world.

The creative minds behind "America's Army" said they take every opportunity to explore ways to improve the realism of the game to keep up with its growing popularity, including the Serious Games Summit held in the nation's capital Oct. 18-19.

The summit gave the Army game developers, based in the Office of Economic Manpower Analysis at the United States Military Academy, an opportunity to meet with other Serious Games developers and showcase the Army program.

The number of Serious Games being developed has been increasing rapidly in recent years, according to the Serious Games Summit Web site. These interactive games go beyond the traditional video game, and include applications focused on training, education, visualization, health and therapy.

"America's Army" is a communications tool which is designed for free download on the Internet, and it's a tool that kids

can use to try on being a Soldier - virtually," said Col. Casey Wardynski, director of the OEMA, project director of America's Army and associate professor of economics at the USMA.

The game allows people to take a look inside the Army and see what it's like to be a Soldier, Wardynski said. They can go through basic training and airborne school, experience how a Soldier succeeds and even see what happens when a Soldier gets in trouble.

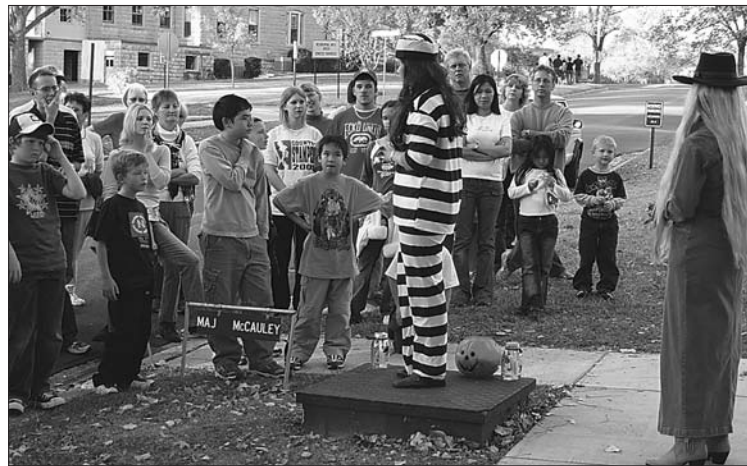
"America's Army" is designed to be realistic, so people can see the life of a Soldier and decide if it is something they would like to pursue in real life, Wardynski said.

The game has generated interest in the Army and has taught people about soldiering, he said. In a survey given to 16 to 21 year olds, 29 percent said "America's Army" was the most effective method of generating interest compared to other Army sponsorships.

"I learned visual awareness and how quick my mind was," said Cathy Fuller, a first-time America's Army user from League City, Texas.

The game also teaches Army values, Wardynski said. Real Soldiers preview every part of the game, and if they aren't proud of it, it doesn't get released.

"The game is about being a Soldier, and being a Soldier is a value-laden experience," Wardynski said. "The war on terror makes it all too apparent why those Army values are critical."



Post Hardesty

Society recounts ghostly history of Fort Riley

Robin Canuela, dressed in a striped prisoner's costume, tells a crowd the story of the "Triangle House" during the post's Ghost Tours Oct. 24. The tours are sponsored by the Historical and Archeological Society of Fort Riley. Known by its odd lot size, the "Triangle House" is located on the corner of Holbrook, Godfrey and Morris Avenues and is just one of several houses on post with a ghost tale. Canuela told the story of how two families in the late 1980s and early 1990s had experienced a disturbing noise in their attic. Upon investigation, they found magazines thrown all around the room. Later, a maid working at the residence made another startling "ghost" sighting. The maid said she was stopped on the second-floor landing by an apparition in a long older-style dress who wouldn't let her upstairs to clean. The maid left the mop, the bucket and left the front door wide open with a note simply stating, "I Quit." An estimated 1,200 people attended this year's "Ghost Tours," the eighth consecutive year the event has been held on post.

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Post news in brief

Self-help class scheduled

The Public Works Self-Help School will conduct a class for unit self-help personnel Dec. 6. The course is taught from 9 a.m. to 4 p.m. in Building 307 in conjunction with Barton County Community College and provides Soldiers the opportunity to obtain advanced education credits.

The revised Fort Riley regulation cover the minor maintenance self-help program requires a self-help card for personnel to be able to pick up materials or to call in priority two and three service orders. Two-hour classes are offered to enable civilians and non-commissioned officers in grades E-7 and above to obtain a card. The next class for that will be at 9 a.m. Nov. 23 in Building 307.

The self-help course incorporates the installation's energy conservation class, which is taught at 1 p.m. on Thursdays during the self-help class.

Energy awareness officers and NCOs do not need to attend the whole self-help class in order to attend their mandatory energy conservation class. To enroll in the week-long self-help class, an on-post school request must be submitted to the school.

To enroll in the Energy Conservation Class or the two-hour class for civilians and senior NCOs seeking a self-help card, a memorandum must be submitted to the school. It can be e-mailed to kozlowski@riley.army.mil.

An enrollment form for any of the classes can be faxed to 239-8188, ATTN: Ed, Self-Help School, or they can be dropped off at Building 307.

For more information, contact Ed Kozlowski at 239-3757 or visit the Public Works Web site on the Intranet.

Mail classes scheduled

An Introduction to Unit Mailroom Operations class will be offered Nov. 17 from 9 a.m. to 4:30 p.m. in Building 319. Pre-enrollment is required. To enroll, call 239-5411.

Each commander who operates a unit mailroom must have at least one primary and one alternate unit postal officer in grade E-6 or above. Each mailroom must also have at least one primary and one alternate unit mail clerk.

Prospective unit mail clerks must have at least an Interim secret clearance and have completed 20 days on-the-job training before attending class. Future class dates include Dec. 8 and Dec. 15.

For more information, call 239-5411.

An official mail training class will be offered from 9 a.m. to 2 p.m. Dec. 10 at building 319.

Each unit or activity must have a primary and alternate official mail manager. Training requirements include: Private Express Statutes, Non-Mailable Material, Classifications of Mail, Special Postal Services, International Mail, Postage and Fees, Penalties for Private Use, Protection of Mail, Mail Surveys, Addressing Mail and Cost Saving Methods.

Pre-enrollment is required. To enroll or for more information, call 239-5411 or 239-5200.

CBS changes 'In Step' times

Programming conflicts with CBS will change the time "In Step with Fort Riley" airs on some Sundays through Dec. 19. Instead of its normally scheduled slot of 7 a.m., the show will air at the following times and dates:

The Dec. 5 show will air at 6:30 a.m. Dec. 4.

The Dec. 12 show will air at 6:30 a.m. Dec. 11.

The Dec. 19 show will air at 6:30 a.m. Dec. 18.

Policies ease movement of wounded Soldiers

Army opts to send more medical holdovers home for treatment, recovery

By Gary Sheftick
Army News Service

WASHINGTON — More than 11,000 mobilized National Guard and Army Reserve Soldiers with medical problems have been treated and sent home during the past year.

Those 4,200 that remain on active duty have better facilities, officials said, and receive timely treatment.

Medical officials briefed the director of the Army staff Sept. 20 on medical holdovers and new policies that have stressed sending reserve-component Soldiers home for treatment.

Last fall, media reports indicated mobilized reservists at Fort Stewart, Ga., felt they were not receiving the same care as other active-duty Soldiers returning from Iraq. That launched an Army-wide assessment.

Since then, the Army has hired or mobilized 780 physicians, nurses, clerks and case managers to help with medical holdovers, said Col. Michael Deaton, the Army's deputy assistant surgeon general for force projection.

The number of medical holdovers at Fort Stewart has been reduced from 600 to fewer than 250, he said.

Despite an average 200 new holdovers Army-wide each week, Deaton said the current total has gone down from 4,852 last year to

4,200. About 25 percent of those now live at home and receive treatment nearby.

Community based health care initiative

Under a new program, hundreds of medical holdovers receive treatment in their home-towns and their case managers are mobilized National Guard Soldiers.

The medical care is provided through TRICARE, Veterans Affairs hospitals or other government facilities.

The Community Based Health Care Initiative began this past spring and now has certified programs treating medical holdovers in five states: Florida, Arkansas, California, Massachusetts and Wisconsin.

"Overwhelmingly, the Soldiers assigned to CBHCT's love it," said Col. Barbara Scherb, who manages the program for Forces Command.

She said under the initiative, reserve-component Soldiers retained on active duty live at home, receive treatment nearby and work at Title X jobs if they are able.

The Title X medical holdovers work at National Guard armories or help with rear detachments of mobilized units. Some even work at recruiting offices, Scherb said.

"We're being Semper Gumbly,"

Scherb said about flexibility in the program that requires most Soldiers to work, but places some of the badly injured on convalescent leave.

"We're trying to be rational about this. This is an entirely new program," she said.

New policies cutting holdovers

A couple of new policies are helping reduce the number of medical holdovers at installations, Deaton said.

The Army has cut in half the number of medical holdovers who arrive at installations and can't deploy.

Last year, about 4 percent of the mobilized Guard and Reserve Soldiers arriving at installations became medical holdovers. Now that's down to 2 percent.

"We no longer make people stay on active-duty to receive care," Deaton said, explaining that Medical Retention Processing became voluntary in March.

"If a Soldier has good insurance, or wants to be treated by the VA, he can," Deaton said.

The 25-day rule also cut pre-deployment holdovers, Deaton said. Until last fall, if a mobilized reservist arrived at an installation with medical problems, the Army

was obligated to keep that Soldier on active duty for treatment. Now, if a physician determines in the first 25 days of mobilization that the Army did not cause or worsen the medical problem — that it was pre-existing — the Soldier can be released from active duty.

High standards of treatment

Medical holdovers that remain on installations now have better housing conditions and receive treatment faster, Deaton said.

Standards initiated last fall require medical holdovers to receive:

- specialty referrals within 72 hours
- diagnostics within a week
- surgery, if required, within two weeks

"We meet that metric about 90 percent of the time," Deaton said.

The median time that a medical holdover stays on active duty is now 130 days, he said, from the time the Soldier arrives back from theater, until going home.

"Healing takes time," Deaton said. "We make every effort to expedite the admin stuff, but the last thing we want to do is unnecessarily rush the healing process."

"We've done a lot of work," he said, explaining that 11,000

injured or sick came into the system during the past year and Army medical professionals treated and sent 11,000 home.

"Think about it. That's a division plus," Deaton said.

Teams slated to visit 40 sites

Deaton is now part of a multidisciplinary team visiting the 40 sites across the Army that have medical holdovers. While visiting Fort Bliss, Texas, in mid-September, Deaton spent seven hours listening to Soldiers in sensing sessions.

"Many complaints were historical," Deaton said, explaining that the Soldiers might say "Boy it was so bad here six months ago."

"Is it perfect now?" Deaton asked. "Nope. But the hospitals, installations and chain of command know what the issues are and are working to make even more improvements."



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BLIR/October 2004

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BRIGGS DODGE
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FULL COLOR/FULL PG BRIGGS DODG



Fort Riley Sports & Recreation

Friday, November 5, 2004

America's Warfighting Center

Page 11

Sports news in brief

Center begins deer contest

Fort Riley hunters can register at the Outdoor Recreation Center now through Nov. 24 for the post's 2004 Buck & Doe Contest. Registered hunters can bring deer harvested on post Nov. 26 through Dec. 30 to Natural Resources to be scored and weighed. Hunters must comply with all hunting license requirements.

Prizes will be awarded for the biggest deer in the following competitive divisions:

- Bucks
- Archery
- Firearm
- Youth (12 to 15 years old)
- Non-typical doe.

The registration cost is \$15 per person.

For more information, call the Outdoor Recreation Center at 239-2363.

Officials clinic scheduled

There will be an officials clinic for anyone interested in officiating basketball for the active duty adult basketball program on Fort Riley. This clinic is for new officials as well as a refresher for the seasoned veterans. The clinic will run from 9 a.m. to 1 p.m. Nov. 6 at King Field House.

The first part of the clinic will be held in the sports office and covers the rules of the game and the philosophy behind good officiating. The second part will be floor work with the officials critiquing each other as they work a scrimmage of two teams simulating actual game situations.

To sign up or for more information, call Barry Sunstrom at 239-3945.

Rec center sets turkey shoot

The sixth annual Fort Riley turkey shoot will be from 10 a.m. to 2 p.m. Nov. 6 at the Outdoor Recreation Center, 9011 Rifle Range Road. Cost to shoot in the Turkey/Junior Turkey Shoot will be \$5 per shot. Cost for the Master/Junior Master Gunner event will be \$10 per person.

Skeet shooting will be available during the day for a cost of \$3 for 25 clay pigeons. Shells are not included in the cost.

Archery familiarization, a shooting skills video game and an inflated moonwalk will be available at no charge.

Five people will compete at a time in the turkey shoot. The most hits "in the red" wins a turkey.

The Junior Turkey Shoot will be conducted the same way for those 16 years and younger. Only 20-gauge shotguns will be used.

Competitors for Master Gunner and Junior Master Gunner will shoot at the same target used in the Turkey Shoot with most hits "in the red" determining the Master Gunner winner and most pellets in the target circle determining the Junior Master Gunner winner.

The center needs 20 volunteers to help with the turkey shoot.

For more information or to volunteer to help, call 239-2363 or 239-6368.

Youth b-ball sign-up begins

Sign-up for youth basketball will be conducted Nov. 12.

For more information, call Child and Youth Services at 239-9173.

Golden Knights sweep competition

By Marie Schult
Army News Service

PERRIS, Calif. — The U.S. Army Parachute Team, the "Golden Knights," Style and Accuracy Teams swept the 2004 National Skydiving Competition in Perris, Calif., in October, winning two team medals and 10 individual medals.

As a team, the Knights competed in team accuracy, individual accuracy and individual style. Some Knights competed in sport accuracy.

In an accuracy competition, jumpers exit the aircraft at 3,500 feet, deploy the main parachute and land on a three-centimeter disc located in the middle of a five-meter-wide tuffet. An electronic

scoring pad determines the jumper's accuracy down to the centimeter. The jumper with the lowest score wins.

In an ideal scenario, a jumper will place the heel of his shoe in the exact center of the pad, scoring a zero. The jumper who gets the lowest score in 10 rounds is the overall winner and the team with the lowest accumulated score after

eight rounds wins the team accuracy competition.

The two Golden Knight teams took first and second places in team accuracy, guaranteeing every member a medal. Coach Cheryl Stearns divided the competitors into Black and Gold teams, mixing the stronger, consistent jumpers with younger, less experienced competitors.

"I did this to give them a little incentive and to encourage them to work as a team and develop more camaraderie," said Stearns, who was challenged by some to stack a team that would guarantee a gold medal.

Until the second to last accuracy round, the Black team was winning, but then the Gold rallied to

See Knights, Page 13

Fast break



Fort Riley Trooper Barbara Commons races down court for a break-away bucket to help the eighth-grade girls' A basketball team to a 28-16 trouncing of Royal Valley on Oct. 28. The win evened the Troopers' hoop record at 1-1. Commons scored six points and fellow Trooper Catherine Carmichael tossed in a game-high 10 points.

8th-grade A, B teams beat Royal Valley

By J.D. Hardesty
Staff writer

Fort Riley Middle School eighth-grade girls' basketball teams notched their first victories of the season by beating Royal Valley A team 28-16 and the B squad 18-13 victory as both Fort Riley teams evened their records at 1-1 on their home court Oct. 28.

The Troopers' seventh-grade girls hoopers split with the Panthers as the A team lost 20-9 and the B team took a 6-1 win, although the two teams battled for just two quarters.

8th-grade A team wins, 28-16

Trooper Catherine Carmichael hit six of her team high 10 points in the second half to lead Fort Riley Middle School's eighth-grade girls A basketball team to a 28-16 win over the Panthers.

The Troopers' twin towers of Carmichael and Yolanda Reid kept the Panthers off the boards and combined for 14 points. Barbara Commons chipped in six points and Ashley Brockman and Celeste Castillo added four points apiece in the Trooper win.

Kortni Hartoebben and Mandy Hug pumped in four points apiece and Erin Palmhamie added three for the Panthers.

Holding a six-point lead to start the

fourth quarter, the Troopers outscored the Panthers 8-2 during the last six minutes to win by the 12-point margin.

8th-grade B team wins, 18-13

Stephanie Socorro scored six of her game high 10 points in the second quarter while the Troopers' defense held the Panthers to a single Katie Bunker free throw to lead Fort Riley Middle School to an 18-13 victory over Royal Valley in eighth-grade girls B team basketball.

The Panthers, trailing by three points at the half, outscored the Troopers 6-2 in the third quarter to take a one-point lead into the final six minutes of play.

Whitley Strickland and Socorro hit big buckets in the pivotal fourth quarter and the Troopers' defense held the Panthers nearly scoreless to win going away.

Sydney Jessepe tossed in six points and Bunker added five points for the Panthers in their loss.

7th-grade A team falls, 20-9

Royal Valley's Brandi Johnston scored a game-high eight points and Bailey King added six points to lead the Panthers to a 20-9 trouncing of Fort Riley Middle School in girls seventh-grade A basketball.

See B-ball, Page 13



Post/Name
Second Lt. Boyd Melson of Fort Carson, Colo., takes the gold medal.

Boxing champs

Soldiers take international military tourney gold, bronze

By Tanja Linton
Army News Service

FORT HUACHUCA, Ariz. — Team USA filled their coffers with precious metal of three different varieties — claiming gold, silver and bronze medals at the final day of the 48th annual Conseil International du Sport Militaire world military boxing championships Oct. 30, at Fort Huachuca, Ariz.

It was the first time in recent memory that a U.S. boxer had earned a medal of any color in the CISM boxing championships.

Army 2nd Lt. Boyd Melson of Fort Carson, Colo., took the gold in the 69-kilogram weight class. Melson outpointed Uzbekistan's Elshod Rasulov, 20-14, to win the championship.

Marine Corps Sgt. Eric Canales, of Camp LeJeune, N.C., took on Dilshod Mahmudov of Uzbekistan in the 64-kg weight class. Canales lost on points, 33-18, leaving him with the silver medal.

Army Sgt. Miguel Albares lost his 54-kg bout in the semi-finals Oct. 28, but still brought home a bronze medal.

The last day of boxing included the second knockout of the championships from Robert Kramberger of Slovenia. The championship closed when the CISM flag was lowered and handed to the South African delegation, which will host the 49th annual CISM boxing championship in 2005.



Post/Hardesty
Seventh-grade Trooper Jamie Zvirgzdins looks for a teammate to pass to as the Falcons' Kirstie Krinhop defends. For another photo and story about the game, see page 13.

Beavers: Playing nature's engineers

By Alan Hynek
Fish and Wildlife Biologist
DES, Conservation Division



Alan Hynek

Beavers do more to shape their landscape than any other species of wildlife. Fascinating for their engineering qualities, these mammals are literally capable of changing a stream's course. Fish, frogs and herons benefit when a stream rises and creates a small

wetland.

As beavers clear trees and build a dam, the stream changes into a wet savannah-type habitat. If ample food is available, a beaver family may inhabit the area for many years. When food becomes scarce, the beavers will move to a new location. In the absence of the beavers that built it, a dam will deteri-

orate, leaving a uniform layer of silt that soon gives rise to green meadow and then eventually to reforestation.

Not so long ago, beavers were referred to as trapper's gold. During the fur trading era of 1800 to 1840, adventurous men risked the elements and Indian attack to get their hands on a beaver.

Fur trading was literally the catalyst that opened the frontier. Beaver trapping, in particular, played a large part in the settlement of the western United States. The soft leather and dense fur resulted in an excellent clothing material.

Individual beaver pelts were important bartering items. Common equivalents for one tanned and stretched beaver pelt were two pounds

See Beavers, Page 13



24th Inf. Div. photo
Command Sgt. Maj. Gilbert Canuela (in shorts), 24th Inf. Div. (Mech) command sergeant major, poses with Fort Riley 10-Miler team (from left) Janine Taylor, Centrell Watson, Michael Adams, Francisco Rubalcava, Jose Aguilar, Lisa Smith and Rochelle Nisbett.

Riley runners finish 2nd in 10-mile race

By Jose Aguilar
937th Engineer Group

Fort Riley's Army 10-Miler team finished second in the civilian open mix category of the annual Association of the U.S. Army conference race in Washington, D.C., last month.

The team's time of 4:14:55 included the times for the top three male runners and top female runner.

This year's team of seven Soldiers ran the course more than four minutes faster than last year's team. An eighth runner, Jonathan Newlin of 977th Military Police Company, made an unscheduled trip to Iraq and could not run with the team in Washington, D.C.

Fort Riley's team wound up misplaced in categories. The team signed up for the military active duty mix category, but for some unknown reason wound up misclassified as a civilian open mixed entry.

The team's time would have placed Fort Riley in seventh place in the military active duty mix category.

All Fort Riley runners improved their qualifying times during Fort Riley's Prairie Run by

at least two minutes.

Michael Adams set up and ran the team's workout program.

One Soldier, Francisco Rubalcava of 1st Battalion, 5th Field Artillery, returned from Iraq for the run. Rubalcava said he ran in Iraq when he could but often had missions that prevented execution of an optimum training program.

His battalion commander, Lt. Col. Richard M. Cabrey, Rubalcava must have run around the base in Iraq hundreds of times. He took his training serious, Cabrey said, and his time, 57:12, was the best on the team.

Another Soldier, Lisa Smith of 101st Forward Support Battalion was at school during the team's training program. She worked out on her own using the same workout program, and then came back to Fort Riley and worked out with the post team the last two weeks before the race.

Team times

Francisco Rubalcava - 57:12
Michael Adams - 58:35
Jose Aguilar - 1:00:35
Janine Taylor - 1:18:35
Lisa Smith - 1:21:56
Rochelle Nisbett - 1:23:13
Centrell Watson - 1:23:49

Runner sets record

By Lorie Jewell
Army News Service

WASHINGTON — Rain and temperatures in the 40s did little to prevent more than 13,000 runners from finishing the annual Army 10-Miler, including Dan Browne, who set a record.

Three-time winner Browne, a member of the Oregon National Guard and an Olympic long-distance runner, broke through a race ribbon held by Army Chief of Staff Gen. Peter Schoomaker 47 minutes and 29 seconds after starting the race.

Browne set a pace of 4:45 per mile to beat the race record of 48:52 he set in 1997. He also ran the 10-miler in 1998, claiming first place with a time of 48:52.

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By Samantha L. Quigley
AFPS

WASHINGTON — Not only did Navy Petty Officer 2nd Class Casey Tibbs do what he said he would do, he did it in grand style.

In the 2004 Paralympic Games in Athens, Greece, Tibbs and his team, cheered by his wife, Robyn, who is also in the Navy, ran to a gold medal in the 4x100-meter relay. Tibbs also won a silver medal in the pentathlon. Tibbs is the first active-duty Paralympian.

The run for his medals began on March 5, 2001. Tibbs was in a motorcycle accident that resulted in the loss of his right leg below the knee. At the time, he was on active duty in the Navy.

Because of his training in a critical skill — Tibbs graduated with honors from the Defense Language Institute — he was offered, and took, the option of remaining on active duty.

After four months' recuperation, Tibbs read an article about the Paralympics that set him on the road to Athens. Tibbs trained a

By Samantha L. Quigley
AFPService

WASHINGTON — Army Sgt. Brian Wilhelm was near Balad, Iraq, on a logistics mission in early October 2003 when his unit was ambushed by "a fairly large element" and engaged in a 31-minute firefight. He was struck by a rocket-propelled grenade through the lower left leg. The unit returned fire for about 31 minutes before Wilhelm was medically evacuated.

He spent a couple of days at Landstuhl Regional Medical Center in Germany before being transferred to Walter Reed Army Medical Center. He said he's had lots of support from his family, which includes his wife, also in the Army, and his 13-month-old daughter, born just before he was injured.

The RPG tore out his calf muscle and caused multiple fractures to the tibia and fibula. While repairing the leg was possible, Wilhelm said he didn't want to wait and hope that surgery would get him moving normally again. He ultimately made the decision to have the leg amputated.

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ACTION TIRE
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Casey Tibbs

With the end of the 2004 Paralympic Games, Tibbs is back to his usual duties as a cryptology technician at Naval Security Group Activity Medina in San Antonio. And, he said, he gets along just fine.

"I am an everyday sailor," he said. "I participate in every activity that every other shipmate does."

Tibbs is proof that a disability doesn't automatically equal disabled. He said he has had no difficulties since returning to active duty after the motorcycle accident, nor has the Navy made any special accommodations to allow

"I felt I could recover faster as an amputee and be able to move on with life more normally as an amputee than I would have been by trying to ... kinda feel bad for myself and hope maybe a miracle surgery would do it," he said. "I knew (amputation) would work for sure and went with that."

The attitude of making the best out of every situation is part of being a Soldier, he said. You can feel bad for yourself and let your surroundings dictate your attitude, or you can take control of your situation and turn it into a positive.

Wilhelm, an infantryman with the 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, 4th Infantry Division, at Fort Carson, Colo., would like to do just that. He hopes to remain on active duty as an infantryman and even get back to leading Soldiers in Iraq eventually.

This, he thinks, is completely possible. He is competitive physically: meeting Army fitness standards, running two miles in just over 14 minutes, completing a five-mile run in less than 40 minutes, and completing road marches.

him to do his job.

Recently, the military has been making a push to retain more disabled servicemembers on active-duty status.

"I think (the effort) is great. Just because someone has a permanent injury while on active duty shouldn't mean that the military should boot them out of the service," Tibbs said. "I know a lot of disabled people from the Paralympics that would kill to be in the military and serve their country."

Tibbs is speaking from experience when he tells servicemembers who have lost a limb while serving in Iraq or Afghanistan that their life is just beginning. "They can either overcome what they are faced with or sit around and ... feel sorry for themselves," he said. "You decide how you are going to live with your injury."

"Not one day have I felt sorry for what has happened to me. I keep setting goals for myself and seeing how I can obtain them," he said, adding that his current goal is to become an officer.

"I've done everything I need to do to remain an infantryman. I've surpassed (the standards)," he said. "They say it's just down to the last little bit — for people in the right places to realize what I've done and how I've done it."

Wilhelm also is looking to early summer 2005, when he hopes to head to Fort Lewis, Wash., with the Army's World Class Athlete Program to start training for the 2008 Paralympics. In this endeavor, he is in good company.

Fellow servicemember Navy Petty Officer 2nd Class Casey Tibbs, the first active-duty Paralympian, took the silver medal in pentathlon and the gold in the men's 4x100-meter relay at the 2004 Paralympic Games in Athens.

Wilhelm's decision to take the sports path was influenced by seeing other amputees succeed, but also by his desire to lead by example.

"I'd seen what other amputees, not necessarily all military but amputees in general, have been able to do, how they've recovered, the impact they were able to make for other amputees," Wil-

What are the Paralympic Games?

The Paralympic Games are the second largest sporting event in the world, conceding only to the Olympics. The 21-sport competition showcases the talents and abilities of the world's most elite athletes with physical disabilities.

The first Paralympics were held in 1960 in Rome. Only 400 athletes from 23 countries participated. Since 1988, the Olympic-host nation also hosts the Paralympics.

Today more than 4,000 athletes from 120 countries participate in the Summer Paralympics, while more than 1,100 athletes from 36 countries compete in the Winter Paralympic Games.

Who can participate?

Participants must meet eligibility standards established through the International Paralympic Committee.

Disability groups represented include amputees, blind or visually impaired athletes, athletes with cerebral palsy, spinal cord injuries and athletes who are affected by a range of other disabilities, such as multiple sclerosis or dwarfism.

helm said. "I also figured ... being a noncommissioned officer, a leader, it's my job to do what I can to help those below me."

"I feel that as an amputee, if I'm put into a position where I can go compete for the United States in international games of that nature, then I can also help the morale of other amputees and show what they can do. And I'll have the opportunity to talk to other troops out here at Walter Reed and stuff and actually help them realize how much more there is out there in life and that a minute injury isn't the end of everything."

It didn't hurt his decision when one coach told Wilhelm that he really felt the infantryman had potential and offered to do whatever he could to help him. The coach suggested the pentathlon would be a good fit for the Soldier.

He's already working toward his goal. "I've been running. I run pretty much every day," Wilhelm said. "But my biggest thrill is to surpass the able-bodied people when they're running, just go cruising right on by them."

Check out the Post online at www.riley.army.mil.

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Riley County dominates Troopers



Trooper Marina Castillo launches a shot over the outstretched arms of Riley County's Stacy Buss (left) and Becca Tittel during Fort Riley Middle School's girls' 8th-grade A basketball game on post Oct. 26. The Falcons pounded the Troopers 42-22 in their season opener.
Post/
Hardesty

By J.D. Hardesty
Staff writer

Riley County girls' basketball teams won three of the four games as Fort Riley Middle School opened its season at home Oct. 26.

7th-grade B team wins, 24-17

Kimberlyn Phelps tossed in 12 points and Cheyenne Schlaack netted 6 points to lead Fort Riley Middle School's seventh-grade girls B basketball team to a 24-17 win over Riley County.

Leading 10-9 to start the second half, the Troopers outscored the Falcons 10-2 in the decisive third quarter, extending a one-point lead into a 20-11 advantage going into the fourth quarter.

Kylee Gray pitched in four points and Lindsay Hart tossed in two for the Troopers.

Alicia Nelsenn led the Falcons with seven points and Danielle Sias chipped in four points for Riley County.

8th-grade A team loses, 42-22

Yolanda Reid scored 10 of the

Troopers' 18 second-half points as Fort Riley Middle School eighth-grade girls A basketball team lost to the Riley County Falcons 42-22.

The Falcons' Becca Tittel and Beth Husted tossed in 14 points each to lead Riley County.

Catherine Carmichael netted the Troopers' only first-half buckets as the Fort Riley players found themselves staring at a 17-4 half-time deficit.

Reid and Barbara Commons combined their scoring talents in the second half, but it was too little too late for the Troopers.

Commons and Carmichael added four points apiece for the Troopers.

8th-grade B team loses, 28-6

Riley County girls B basketball team poured in 14 first-half points and cruised to a 28-6 victory over the Troopers B team.

Katie Lovgren tallied 10 points and Lindsey Jones and Cheyenne Sullivan added six points apiece to lead the Falcons.

Brynae McArthur hit two free throws in the first half to account for the Troopers' only scores as the Troopers found themselves down 14-2 at halftime.

The Troopers' scoring woes continued in the second half as they were blanked in the third quarter and trailed the Falcons 20-2.

Whitley Strickland and Heather Leturgez netted fourth-quarter field goals to finish the Troopers' scoring.

7th-grade A team falls, 36-10

Riley County's seventh-grade girls A basketball team heated up the hoop, outscoring the hosting Troopers 23-5 in the second half to beat Fort Riley Middle School 36-10.

Christina Valentin and Tiyanina Simon hit first-quarter hoops and Jenna McArthur tossed in one of two free throws to give Fort Riley Middle School's seventh-grade girls A team a slim 5-4 over Riley County to start the second quarter.

Valentin led the Troopers in scoring with three points. Megan Dowell notched 14 points to lead the Falcons and Danielle Sias and Hayley Starnes added nine and eight, respectively, for Riley County.

Jamie Zvirgzdins and Samantha Hernandez netted a field goal apiece in the fourth quarter for the Troopers.

B-ball

continued from page 11

Fort Riley went scoreless in the first quarter and was down 6-1 at halftime. Kawehilani Maio hit a lone free throw for the Troopers' only score.

Jamie Zvirgzdins scored four points and Christina Valentin and Samantha Hernandez scored two apiece for the Troopers in the second half, but it wasn't enough to overcome the Panthers.

Royal Valley outscored Fort Riley 14-8 in the second half to post the 11-point winning margin.

7th-grade B team loses, 6-1

Royal Valley, with only eight players on its squad, downed Fort Riley Middle School's seventh-grade girls B team 6-1 as the Troopers and Panthers played only two quarters.

Kimberlyn Phelps managed a free throw for the Troopers' only point.

Briann Tuck tossed in four points and Bailey King hit a bucket for the Panthers.

Upcoming home games

Nov. 9 - All teams vs. Abilene, 4 p.m.

Nov. 11 - A & B teams vs. Manhattan Eisenhower, 4 p.m.

Knights

continued from page 11

take the medal.

"If we couldn't win I'd rather they (gold team) win," said Angela Nichols, who was assigned to the Black Team for this meet.

Aside from competing against each other, the team had to think about the other competitors and the constantly shifting or non-existent wind.

"I've taken what I've learned at prior meets and applied them to here," said Greg Haberman, a member of the Men's Style and Accuracy Team. "I learned that if I get worried, I choke."

Every accuracy jump was different because of the erratic winds, said Haberman, who was in the running for third place until he scored 13 centimeters on his last jump, which doubled his score, knocking him down to 10th place of 27.

Another member of the Knights team, Chris Moore, who coaches for the skydiving team at the U.S. Military Academy at West Point, said it would be easy to accidentally get a high score with the way the winds were.

Moore placed first in accuracy

with a total score of nine centimeters and second in sport accuracy.

Even with the challenging wind conditions and high scores, the Knights beat the other accuracy teams and went on to do well in the style competition.

For style competitions, a jumper exits the aircraft at an altitude of 7,500 and performs a series of loops and turns in free-fall against the clock.

A style set consists of six maneuvers: two left turns, two right turns and two back loops. Judging starts with the first turn and ends when the last back loop is completed.

Penalties are added to the base time when a judge determines a jumper did not make a complete 360-degree turn or came out of a back loop off heading.

Although Elisa Feldt, gold medal winner for women's style, women's accuracy and the overall women's champion, declined to comment on her own achievements, she was beaming with pride at Nichols' accomplishments.

"This was absolutely her best style. All her scores were in the

sevens and that's very difficult to do," said Feldt about Nichols. "Now she is getting where she can consistently perform. We can put her on any team and we can count on her to contribute."

Nichols was happy with the way the competition turned out. "I've never been on a team that was even in the running for accuracy," she said.

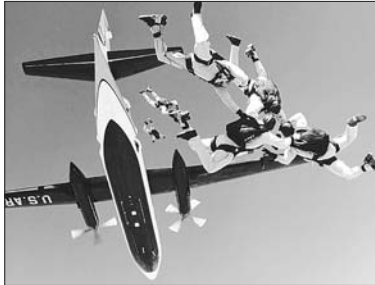
Nichols' team took second place while she earned a silver medal in style and accuracy, placing second overall.

While the Knights are proud of their accomplishments, they are already looking forward to next season.

Nichols said instead of competing overseas next year, the team will compete in more meets in the states.

Moore, who is in the process of being assigned to the Golden Knights, sees an expansion in the works for the Style and Accuracy Team.

"I think we should compete in sport accuracy to qualify for more medals for the Army. That's our job," Moore said.



The Golden Knights exit their aircraft in a recent jump. This month the Knights swept the 2004 National Skydiving Competition in Perris, Calif.
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Beavers

continued from page 11

of sugar, a gallon of brandy, two yards of flannel, a pair of breeches, a pair of shoes, 20 flints, eight knives, two pairs of looking glasses, two hatchets, 20 fish hooks or a blanket.

Four tanned beaver pelts would fetch a pistol, and 11 beaver pelts would buy a musket. The demand for beaver pelts was so great during the late 1800s that beavers came close to becoming extinct in North America.

After the decline in the fur trade, beavers began to grow in numbers and were considered a nuisance by many, particularly farmers. Although fur trapping continued into the 20th century, beavers were able to rebound over most of North America with harvest restrictions in place.

The beaver is a member of the family rodentia, which is a group of mammals that gnaw. They use their four front teeth, which are big chisel-edged incisors, to fell trees.

Their incisor teeth grow continually throughout their life, so they must continuously gnaw.

It takes only a few minutes for this determined animal to cut down a small willow tree.

Sometimes a beaver will tackle trees as wide as two feet in diameter. The beaver's favorite trees are softwoods like aspen, poplar and willow.

It also will cut down birch, sugar maple, wild cherry, alder and sometimes hemlock and pine.

Beaver pairs mate for life. The two will live together unless one of them dies. The female gives birth in the spring to litters of usually two to six kits.

Beavers range in weight from 30 to 80 pounds, with some weighing more than 100 pounds. One of the largest beavers trapped in Kansas was just north of Fort Riley and weighed 109 pounds.

Beavers are well adapted to

move on land and in water. They are able to hold their breath for up to 15 minutes under water. The large webbed back feet are good for swimming and the smaller paws in front are used for picking up branches, mud and debris.

Beavers do not hibernate. Their thick coat is a necessity in the winter when ponded water freezes over.

The scaly black tail is hard and

flat and is used as a prop to sit on when the beaver is gnawing and as a rudder while swimming. When a beaver senses danger, he will slap his tail on the water's surface as an alarm.

For more information about wildlife and natural resources on POST, visit the conservation office IN Building 1020 or www.riley.army.mil/Services/Fort/Environment/NatResources

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Sports news in brief

Sports meetings at field house

The Fort Riley Sports Office has scheduled meetings for anyone interested in powerlifting, over-30 battalion basketball and women's basketball.

The meeting is set for 1:30 p.m., Nov. 9 in King Field House.

For more information, call 239-2813.

Post wrestling tournament planned

The 2004 Fort Riley Post Wrestling Tournament will be Nov. 15-17 at King Field House. Competition starts at 6 p.m. nightly. A battalion may organize one men's team and one women's team, each consisting of 10 wrestlers.

All wrestlers pass a physical exam within two weeks of the initial mandatory weigh-in scheduled for Nov. 15. A copy of the physical must be turned in at the time of the weigh-in.

All wrestlers must make the weigh-in between 8 and 10 a.m. Nov. 15, in order to be eligible to compete.

For more information, call Barry Sunstrom at 239-3945.

Winter golf classes offered

Custer Hill Golf Course will sponsor winter strengthening classes for golfers who are interested. For information, call 239-2544 and leave a message.

November hours for the course will be 8:30 a.m. to 5:30 p.m. Tuesdays through Sundays and noon to 5:30 p.m. Mondays.

Center offers shooting aid

The Outdoor Recreation Center, Building 9011, on Rifle Range Road, offers a Laser Shot Shooting Simulation System to help hunters improve their shooting. The system can be used for a rental fee of \$5 per person per hour or a group rate of \$15 per half hour or \$25 per hour.

Outdoor Rec is open from 9 a.m. to 5 p.m. Tuesday through Friday and from 8 a.m. to 4 p.m. Saturday.

For more information, call 239-2363.

Lifeguard training set

Lifeguard training will be offered from 9 a.m. to 4 p.m. Dec. 27-30 at Eyster Pool. Participants must be at least 15 years old and able to pass a swimming test.

Fee for the training is \$65 and a lifeguard training book and CPR mask needed for the training can be bought at the Manhattan American Red Cross office.

For more information, call the Fort Riley Sports Office at 239-2148.

Pre-season hoops planned

The Fort Riley Sports Office will host a pre-season basketball tournament for company teams Nov. 19-21 at King Field House.

For more information, call 239-3868.

Fest features horse racing

Woodlands Fall Festival of Live Horse Racing will feature champion thoroughbred and quarter horse racing 11 a.m. to 4:30 p.m. Tuesdays through Saturdays now through Nov. 30.

The track is located at 9700 Leavenworth Road in Kansas City, Kan. For more information, (913) 299-9797 or (800) 695-7223 or visit www.woodlandskc.com on the Web.

15th PSB snags win over 24th Trans. Co.

By April Blackmon

Staff writer

"We were kind of sluggish the first half of the season, but we did real well tonight," said coach and quarterback Johnnie Barnes after he and fellow 15th Personnel Services Battalion players defeated 24th Transportation company 26-12 in Southern League flag football Oct. 26.

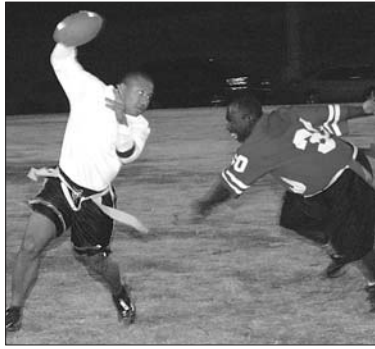
"The offense was clicking real good and our defense is always good," Barnes added.

Calling themselves "The Playmakers," 15th PSB started off strong with Barnes finding Chris May in the end zone on the fourth play of the game.

Barnes ran in the extra point for an early 7-0 lead. PSB's Reginald Mathis snagged the 24th Trans. Co.'s first throw to regain control for PSB at the midfield, but a protecting-the-flag penalty pushed PSB back 15 yards.

Barnes ran 25 yards in two plays and passed to a receiver at the opponent's 18-yard line on the third play. Barnes again connected with May who then threw the touchdown pass as he fell out of bounds on the 10-yard line. The extra point attempt failed.

The 24th Trans. Co. team saw the ball three times before the end of the first quarter and made it to the PSB 35-yard line. The team



Post/Blackmon

Quarterback Johnnie Barnes (left) avoids the sack attempt by 24th Trans. Co.'s Glen Smalls.

took a chance on playing for yardage on the fourth down situation and quarterback Joseph Sanders passed to Lee Johnson for the first down.

Three incomplete passes put 24th Trans. Co. in the same situation on fourth down and Sanders passed to Ali Hardingbay at the

16-yard line for another first down. Sanders pitched one to Jonathan Patterson who ran to the five-yard line and then passed to Johnson for a touchdown. The two-point attempt was snatched out by the defense, making it a 13-6 PSB lead.

The Playmakers were unable to make much of the quarter's last four plays and 24th Trans. Co. player Mary Robinson sacked Barnes at the line of scrimmage to end the half.

Jerome Wilson punted for 24th Trans. Co. after four plays and no yards gained.

May caught the ball for PSB at their 30-yard line. A two-pass play to May brought the ball to midfield, but The Playmakers reprised their earlier mistake and again were cited with flag guarding and moved back 15 yards.

Two plays later, Barnes shot the pigskin to Hosea McGowan for the touchdown and an 18-6 PSB lead. The two-point attempt was incomplete.

Double-teamed, Cristoffer Honan jumped for a Sanders pass between two PSB defenders and made it to the PSB 15-yard line before losing his flag.

Sanders ran to the 10 and tossed an incomplete pass into the end zone. Another incomplete pass ended the third quarter.

As the fog rolled in at the start of the fourth quarter, a Sanders pass was nearly intercepted by PSB. With an incomplete pass on fourth down, 24th Trans. Co. was forced to hand the ball to The Playmakers.

With May in as PSB's quarterback, McGowan caught the ball at the 24th Trans. Co.'s 30-yard line.

Touchdowns

15th PSB

Chris May
Johnnie Barnes
Hosea McGowan
Christopher Williams

24 Trans. Co.

Lee Johnson
Morris Smith

May ran to the 20-yard line and passed to Christopher Williams for the touchdown.

May found Barnes in the end zone for two extra points.

The 24th Trans. Co. team responded with a five-play drive to the end zone, where Morris Smith tacked on the touchdown points. The extra points attempt was incomplete.

In the first of two plays left, PSB threw an interception caught by Smith at the 30-yard line.

With one more chance to tack on points, 24th Trans. Co. also threw a pass intercepted by Travis Williams.

"We got a little cocky because we won most of our games," said 24th Trans. Co.'s Smith. "We hadn't practiced since the last time we lost a game. This was a wake-up call for us."

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Fort Riley Community Life

Friday, November 5, 2004

America's Warfighting Center

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Community news briefly

Society plans events

The Historical and Archeological Society of Fort Riley will have its quarterly membership meeting at 7 p.m. Nov. 9 the U.S. Cavalry Museum on post.

Authors of the newest Fort Riley book, "Images of Fort Riley," a paperback volume containing 200 historical pictures of the post from the mid-1800s to modern times, will be signing books.

Books will be available for purchase at the museum.

Storytimes feature season

Saturday storytimes at the Post Library, Building 5306, in November will feature the changing of the seasons and autumn holidays. At 1:30 p.m. Nov. 6, join the library staff for a story about "Animals in Winter." Children will learn how animals and insects prepare and survive in winter. A simple craft project and light refreshments are also planned. Parents must accompany all children younger than 10. No fee is charged.

On Nov. 13, the featured story will be "Goodbye Geese," a story about bird migration. Children will be able to make a simple birdfeeder to help the birds in their neighborhood survive the winter.

Thanksgiving stories will be the featured display throughout November. On Nov. 20, the story will be "Thanksgiving at the Tappletons," a story about being grateful for family.

For more information, call Victoria Martin at 239-5305.

AAFES open Thanksgiving

For our customers' convenience, the AAFES facilities' operating hours on Thanksgiving Day will be:

Main Store — 10 a.m. to 6 p.m.
Custer Hill Shoppette — 9 a.m. to 6 p.m.
Forsyth Shoppette — open 24 hours

Spouses' club plans event

The Fort Riley Enlisted Spouses' Club plans to have a Crazy Hat Night from 6 to 9 p.m. Nov. 18 at Rally Point on post. Tickets cost \$10. The last day to buy tickets is Nov. 10.

For more information, call Laneya Hairston at 784-4388 or Karla Moody at 761-0042.

Teen Center slates activities

Nov. 12 — 8 to 10:30 p.m., middle school dance
For more information, call the Teen Center at 239-9222.

Thanksgiving buffet at Riley's

Riley's Conference Center will be hosting a Thanksgiving Holiday Buffet from 5 to 8 p.m. Nov. 17. The menu will include roast turkey and dressing, mashed potatoes and gravy, buttered corn, cranberry relish, pumpkin spice pie, salad, rolls, coffee and iced tea. Cost for people age 12 and older is \$12.50. Cost for children age 3 through 11 is \$6.50. Children 2 and younger eat free.

Reservations with payments are due no later than Nov. 10. For more information or to make reservations, call 784-1000.

Drug free

Schools celebrate Red Ribbon Week

By April Blackmon
Staff writer

From backwards clothes and pajamas to a parade and balloon launching, Jefferson and Ware Elementary Schools celebrated Red Ribbon Week Oct. 25-29.

Students at Ware Elementary wore their pajamas to school in "Follow your dreams - Don't do drugs" day Oct. 26. They wore their clothes backward on "I turn my back to drugs" day Oct. 28.

"The main goal was to make kids aware of drugs and to keep them drug free. So we tried to do something each day that fit with the title we gave the day. They enjoyed the events and understand the severity of doing drugs," said Pat Olmstead, family support monitor at Ware Elementary School.

Jefferson Elementary's highlights included wearing clothes inside out on "Don't let drugs turn you inside out" day Oct. 26 and a balloon launching Oct. 28.

Students released more than 330 balloons, each containing a message that Jefferson students do not do drugs. Anyone who finds the message is asked to send a message to the school's Web site, said Kim Andrews, school support monitor.

"Last year we got e-mail messages from Maryland and Virginia," Andrews said.

The balloon launching was a way for students to show others that the school is drug free, she said.

"We want people to know that our school is drug free and we believe in it ... that you do not have to do drugs to be happy," she said.

Students from both schools also paraded around the housing area in costumes on "Don't fall for drugs" day Oct. 29.



Ware Elementary School third graders Kendrick Hairston (left) and Kayleigh Magahan eat lunch in their pajamas during the school's "Follow Your Dreams" day Oct. 26.

Post/Blackmon



Kindergartener Haley Davidson of Jefferson Elementary School jumps in glee after launching her balloon Oct. 28. Nearly 330 students released balloons containing the message, "Jefferson Elementary students say NO to drugs!"

Post/Blackmon



Jefferson Elementary School students prepare to release nearly 330 red balloons as part of their Red Ribbon Week drug awareness celebrations.

Post/Blackmon



Gabriel Eads, a kindergartener at Ware Elementary School on post looks for help to reach the counter before casting his vote for president.

Post/Hardesty

Kids cast votes

By J.D. Hardesty
Staff writer

Voter turnout was estimated at well over 90 percent for one precinct on Fort Riley Tuesday as first-time voters made their picks for president.

According to Pat Olmstead, a family support monitor who assisted with the election, more than 600 students at Ware Elementary School cast their votes for the next president of the United States.

Diane DeDario and Penny Angeli's fifth-grade social studies classes were introduced to the presidential, senatorial and House of Representative candidates on the ballot. Additional curriculum included the history of voting, political parties systems and how the Electoral College works. Students used a map to track the electoral college votes as they were announced.

The rest of the student body cast their ballots after registering to vote.

Kindergarten through fourth-grade students voted in the presidential race only.

One young voter was disheartened when he found his president of choice wasn't on the ballot.

"My favorite president is George Washington," said smiling second-grader Gabriel Davila. "I wanted to vote for him but he wasn't on the ballot. But I still voted for a George (Bush)."

Other voters decided to vote using other issues.

"I liked that we got to vote for

See Votes, Page 16

Pilgrimage set to honor Kapaun

Staff report

The Archdiocese for the Military Services plans to sponsor the second annual Military Pilgrimage to Pilsen, Kan., home of Chap. Emil Kapaun, the namesake for Fort Riley's Kapaun Chapel on Custer Hill.

The pilgrimage is scheduled for Nov. 11 — Veterans Day — and will include an 11 a.m. Mass at St. John Nepomucene Church followed by a wreath laying ceremony at the Chap. Kapaun Memorial and lunch.

The Rev. Edwin O'Brien, arch-

bishop for the military services, states in a brochure announcing the pilgrimage that the event offers members of the military community an opportunity to take inspiration from Chap. Kapaun's life.

Kapaun entered the Catholic priesthood in June 1940 and was assigned to his home parish of St. John Nepomucene in Pilsen. He was commissioned a chaplain in the Army in July 1944 and was assigned a short while to Camp Wheeler, Ga.

In April 1945, Kapaun was assigned to the Burma theater,

where he would travel by air and jeep more than 2,000 miles to celebrate Mass for U.S. troops in the forward areas.

In January 1946, he was promoted to captain and returned to the states and civilian life in May of the same year.

When the Korean War began to brew, Kapaun re-entered the Army and was assigned to Fort Bliss, Texas. In July 1950, his unit landed in South Korea and Kapaun ministered the sacraments to the sick and dying, heard confessions, performed baptisms and celebrated Mass from an improvised altar set

up on the front of a jeep.

On Nov. 2, 1950, the 8th Cavalry was surrounded by enemy forces. Kapaun refused an order to leave injured U.S. Soldiers and was captured while administering last rites to a dying Soldier.

He was imprisoned in a Chinese prisoner of war camp where he continued to minister to the prisoners and risked his life by sneaking into fields around the compound to search for food he would add to the communal pot.

Kapaun also took care of the sick when he could, ultimately suffering the same dysentery,

pneumonia and infections that killed many of his fellow prisoners of war. Kapaun died in the prisoner of war camp's hospital of starvation and pneumonia.

Kapaun's body was thrown into a mass grave with other mistreated American prisoners. After the war, the Chinese plowed the field and planted it with rice to hide the site.

For more information about the Nov. 11 pilgrimage, call Richard Daise at Fort Leavenworth, Kan., at (913) 684-8705 or the Catholic Chaplain's Office at Fort Leavenworth at (913) 684-8991.





Post news in brief

Crafts center slates classes

Nov. 7 — 1 to 4:30 p.m., scrapbooking get-together
Nov. 8 and 10 — 1 to 3 p.m., stained glass

Nov. 8 — 6:15 to 8:45 p.m., beginning sewing

Nov. 8 — 6:30 to 8:30 p.m., ceramic project of the month (small turkeys)

Nov. 9 — 6 to 9 p.m., introduction to matting and framing pictures

For more information, call the Arts and Crafts Center at 239-9205.

PW schedules power outage

Public Works will shut off electrical power to some buildings on post about 7:30 a.m. Nov. 11 (Veterans Day). Power will be turned back on about 4 p.m.

Buildings affected include the 200 area and 300 area, specifically: Buildings 200, 201, 203, 205-208, 210-217, 222, 224, 226, 228, 240, 241, 246-248, 251-253, 255, 257, 259, 261, 263, 265, 267, 269, 271, 273, 275, 277, 279, 281, 283, 289, 300-302, 309, 310, 330 and 352.

A short outage will occur at 7:30 a.m. and then later in the day when repairs are complete and power is turned back on. Buildings that will experience the short outages include 303-307, 360, 362, 368, 372 and 374.

The power outage is needed so repairs can be made to power poles on Custer and Dickman Avenues.

Spouses' clubs plan craft fair

The Fort Riley Officers' and Civilians' Spouses' Club and Enlisted Spouses' Club are organizing a Christmas craft fair in Hangar 817 at Marshall Army Airfield Nov. 20.

Money raised from the fair will be contributed to the Fort Riley Combined Scholarship Fund.

Fort Riley private organizations and informal fund activities will be able to sell food and beverages. Vendors are invited to sell art, crafts and collectable items. Vendors may rent booth space for \$50 for each 10-foot by 10-foot booth.

For more information about the fair and booths, call Chris Pribyla at 717-3008, Christina Humphreys at 463-5436 or Sherri Miller at 770-9219.

Apply for VFW scholarships

Kansas Veterans of Foreign Wars posts and their Ladies auxiliaries are seeking applicants for college and vocational school scholarships.

Applicants must have a parent or grandparent actively affiliated with a VFW Post or Ladies Auxiliary in Kansas. An active member is either a life member or a member whose dues are paid for the current membership year or were so at the time of his or her death.

Applications should be submitted through the VFW Post or Ladies Auxiliary that can verify the membership affiliation of the parent or grandparent.

Applications are available through local VFW Posts or Ladies Auxiliaries. The deadline for submission of applications is Feb. 1, 2005.

In 2004, the VFW Endowment Association had \$55,000 in scholarship commitments. Scholarships ranged from \$500 to \$4,000 for one to four years.

Red Cross seeks recipes

The American Red Cross at Fort Riley is collecting recipes for a cookbook. Cooks may submit their favorite recipes in several ways: send e-mail to redcrossrecipes@yahoo.com, fax them to 239-1812, mail to P.O. Box 2305, Fort Riley, KS 66442 or drop them at the office in Building 7264.

Area schools receive Task Force awards

Ware Elementary School awarded honors for math, reading improvement

By Charles Volland
USD 475

Three Geary County Unified School District 475 elementary schools, including one at Fort Riley, were named recipients of four Challenge Award certificates of merit in the 3rd Annual Challenge Award recognition program sponsored by the Confidence in

Kansas Public Education Task Force.

Ware Elementary School at Fort Riley received certificates in fourth-grade math and fifth-grade reading.

Two Junction City schools received awards. Washington Elementary received the award in fourth-grade math and Westwood Elementary received its award in fifth-grade reading.

The Challenge Awards recognize Kansas schools that make significant differences in student achievement despite facing significant challenges in their school population.

Schools were selected for the award based on results on the 2004 Kansas assessments that exceeded normal expectations, as well as on factors such as ethnicity and socio-economic status of

the student population.

No more than the top five schools were selected from each of the state Board of Education's 10 regions.

In all, 73 schools were selected for recognition. This represents less than 6 percent of the state's high performing schools.

State organizations that comprise the Confidence in Kansas Public Education Task Force

include:

The Association of University Women, Kansas Congress of Parents and Teachers, Kansas Association of School Boards, Kansas National Education Association, Kansas School Public Relations Association, Kansas State Board of Education, the Kansas High School Activities Association and the United School Administrators of Kansas.

Leave No Child Behind

Jefferson named blue ribbon school

On Nov. 18, Blue Bell Creameries will honor Jefferson Elementary School with an ice cream party to celebrate the designation of the school as a No Child Left Behind Blue Ribbon School for 2004 by the U.S. Department of Education.

No Child Left Behind - Blue Ribbon School program instituted in 2003, elementary and secondary schools are honored based on one of two criteria.

Schools can earn the distinction if 40 percent of the school's disadvantaged children have shown dramatic improvement in performance.

They also earn the title if the school's students, of whatever background, have performed in the top 10 percent on state tests or the top 10 percent in the state based on national standards.

"At Blue Bell, we believe there is nothing more important

than encouraging educational excellence," said Paul Kruse, CEO and president of Blue Bell Creameries in Brenham, Texas.

"We are well aware that achieving this award required a tremendous effort from students, teachers, administrators and parents; we want to encourage and reward their efforts. This is Blue Bell's way of saying, 'We are very proud of you all!'"

Votes

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president," said Alejandra Rivera, a fourth-grade student. "I voted for (John) Kerry. He looks real nice."

Gabriel Eads knew his vote wouldn't really count. "The teachers told us we have to vote soon for George Bush or John Kerry for who we wanted to be president," he said. "But we aren't voting for real."

Eads, a kindergartener, said he liked Kerry because "he hadn't been our president in a long time."

Similar to the real election, Ware Elementary School voting results weren't available at press time.

At the movies

The Barlow Post Theater Doors open at 6:30 p.m.

Shows begin at 7 p.m. unless otherwise noted. Admission is \$3 for adults, \$1.50 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.

Nov. 5 — Resident Evil: Apocalypse (R)

Nov. 6 — The Forgotten (PG-13)

Nov. 7 — Mr. 3000 (PG-13)

Nov. 11 — The Forgotten (PG-13)

Nov. 12 — Ladder 49 (PG-13)

Nov. 13 — First Daughter (PG)

Nov. 14 — Ladder 49 (PG-13)

Nov. 18 — Raise Your Voice (PG)

Nov. 19 — Friday Night Lights (PG-13)

Nov. 20 — Shark Tale (PG)

Nov. 21 — Taxi (PG-13)

For more information, call 784-2226 or 784-2640.

Operation Santa Claus to begin with ceremony

Staff report

Opening ceremonies for Operation Santa Claus have been changed from 9 a.m. to 10 a.m. Nov. 8 in Building 261 with Santa and his elves attending. Refreshments will be served.

Soldiers, family members, civilian employees and public and private organizations may donate toys for needy children during the Christmas season. Donations may be made through Jan. 15.

Collection boxes for voluntary donations will be located around the installation. Pickup service is available for larger items.

Operation Santa Claus volunteers will receive, wrap and distribute donations to post military and civilian families and local private and civic organizations serving the needs of the region.

For more information, call Pfc. Barbette Byrd or Staff Sgt. Marcos Felan at 239-6245 or 210-6425.

PWOC hosts talks

By April Blackmon

Staff writer

About 50 people came to Morris Hill Chapel Nov. 2 to hear stories of miracles that happened in Iraq. Sponsored by the Protestant Women of the Chapel, the mid-morning program "Miracles from Iraq" was designed to show the positive side of the war, said Elizabeth Wilson, program coordinator and PWOC first vice president.

"Every morning when I wake up and watch the news, the only

thing that comes up is ugly stories about Iraq. As a military wife, I thought it was my responsibility to let the people know good things are happening there as well," she said.

In addition to a poem reading and a slide show, two wives shared stories of their husbands' experiences in Iraq.

Future events of a similar nature will be planned, Wilson said.

"I would like to invite the civilians to know what being a military wife is all about," she said.

Check out the Post online at www.riley.army.mil.

REDD'S TOWING

2 x 5'

Black Only

2X5 REDD'S TOW 03545134 SR

MARSHALL MOTORS

3 x 10'

Black Only

3X10 MARSHALL 03545219 SR

NEW STAR DISCOVERY INC.

2 x 5'

Black Only

Baby Contest





Travel & Fun in Kansas

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America's Warfighting Center

Friday, November 5, 2004

Leisuretime ideas

Brookville:

What: JL Canyon Ranch Fall Cattle Drive. Participate in ranch's cattle drive to bring cattle home for the winter. Limited space available. Saturdays only.

When: Nov. 6-20

Where: 746 28th Road, JL Canyon Ranch

Phone: (785) 225-6782

Admission: \$175

Westmoreland:

What: Northern Flint Hills and Thrills Bicycle Ride. The ride will be 39 miles long, all on pavement and will offer beautiful scenery with plenty of hills. This is not a race and all abilities are welcomed.

When: Check in from 7 to 8 a.m., Nov. 6

Where: Kansas Highway 99

Phone: (785) 456-9776

Admission: \$20 entry fee includes breakfast, SAGs and rest stops.

Council Grove:

What: Candlelight Charm. Main Street holiday open house featuring candlelit shops, strolling carolers, carriage rides and other festivities.

When: 6 to 8 p.m. Nov. 6

Where: Main Street

Phone: (620) 767-5413 or (800) 732-9211

Admission: Free

What: Holiday Open House. Old-fashioned Main Street holiday open house featuring the feel of yesterday with old-fashioned pleasures, carriage rides and other festivities.

When: 1 to 4 p.m. Nov. 7

Where: Main Street

Phone: (620) 767-5413 or (800) 732-9211

Admission: Free

Minneapolis:

What: Ada Craft Day. While the men hunt, the women craft. Wheat weaving, quilting and wooden craft items.

When: 9 a.m. to 4 p.m. Nov. 11

Where: South Main Street, Ada Community

Phone: (785) 392-2690

Admission: Free

Beloit:

What: Veteran's Day Parade. Annual parade with BBQ.

When: 10 a.m. to noon Nov. 11

Where: Downtown

Phone: (785) 738-3988

Admission: Free

Cottonwood Falls:

What: Music at the Emma. Weekly acoustic jam sessions playing country, gospel, bluegrass and rock and roll. Musicians and audience welcome.

When: Fridays beginning at 7:30 p.m. year-round

Where: 317 Broadway,

Emma Chase Cafe

Phone: (620) 273-6020

Web site: emmachasecafe.com

Wichita:

What: Wichita Grand Opera presents Gilbert & Sullivan's Mikado. Nanki-Poo's love for Yum-Yum leaves the town of Tiptu in despair in this most popular comic opera.

When: 8 p.m. Nov. 5 and 6 and 3 p.m. Nov. 7

Where: 225 W. Douglas, Century II Mary Jane Teall Theatre

Phone: (316) 683-3444

Web site: www.wichita-grandopera.org

Admission: \$30, \$50 and \$80

What: Wright Brothers Celebration. 24th annual aviation celebration.

When: 5:30 to 9 p.m. Nov. 6

Where: 9100 Corporate Hills Drive, Wichita Marriott

Phone: (316) 683-9242

Admission: \$40

What: Contra Dance. Music by Lifting Banshee. Caller to be announced. All dances taught. No experience or partner necessary. Wear loose, comfortable clothing and soft-soled shoes. Bring water to drink.

When: Lessons at 6:30 p.m., dance from 7 to 9:30 p.m. Nov. 6

Where: 411 S. Martinson St., Trinity United Methodist Church

Phone: (316) 744-9914

Admission: Adult \$6, student \$4 w/LD, under 16 no charge

What: Calamity at Cowtown. This interactive mystery drama is designed to raise funds for the museum's educational and historic preservation efforts. Dinner and live music with the backdrop of Old Cowtown Museum's authentic main street offers an exciting evening of mystery and fun on the town.

When: 6 p.m. Nov. 6

Where: 1871 Sim Park Drive, Old Cowtown Museum

Phone: (316) 264-6398

Admission: \$75 per person. Reservations by Nov. 5. Call (316) 264-0671, extension 103 for tickets and details.

Canton:

What: Victorian Holiday Tea and Open House. Elegant Victorian tea, finger food buffet served with fine china and linen, gift shop treasures, six decorated trees, antiques and gifts.

When: 9 a.m. to 5 p.m. Nov. 6 and 11 a.m. to 5 p.m. Nov. 7

Where: 105 Main Street, Three Sisters Victorian Tea and Treats

Phone: (620) 628-4484

Admission: Free

El Dorado:

What: Celebration of Freedom. Celebration of patriotism honoring veterans and those who work to preserve our freedom.

When: Hours vary by activity, Nov. 9-12

Where: City wide

Phone: (316) 321-3150

Admission: No charge

Argonia:

What: KLOUDBusters Rocket Launches. High-Powered Large Model Rocketry Club hosts local, national, and international competitions and fun-ly launches almost every month at their launch site.

When: Monthly through Dec. 12

Where: 8 miles south of Argonia and 1 1/2 miles east

Phone: (620) 435-6417

Benton:

What: Christmas at the Prairie Rose. An old-fashioned holiday evening. You're treated to a one-of-a-kind cowboy holiday outdoor light display, a Roy Rogers movie at the Happy Trails Theatre and when weather permits, a cozy horse drawn wagon ride. Great BBQ dinner and then the stage show with a visit from the Wrangler Santa Claus, also classic cowboy songs as well as timeless Christmas classics. The decor is Christmas with a warm fire in a big stone fireplace. Memories to last a lifetime. Reservations required.

When: 5 to 9 p.m. through Dec. 23

Where: 15231 SW Parallel Road

Phone: (316) 778-2121

Web site: www.prairierosechuckwagon.com

Admission: Adults \$25, Children 6-12 \$15, under 12 free

Coffeyville:

What: Stomp Dance and Indian Art Market. Sharing the rich cultural heritage of Native Americans. Native-American Stomp Dance, traditional food, Indian art.

When: 7 p.m. Nov. 6

Where: Walter Johnson Park, City Recreation Building

Phone: (620) 252-6819

Vets honored

Museum plans day-long events

Staff report

The Kansas State Historical Society invites everyone to honor the nations veterans by attending a special recognition event, "Saluting Our Veterans," at the Kansas State Historical Museum in Topeka from 9 a.m. to 4 p.m. on Veterans Day.

The event includes a military and home front film series featuring the following films and free popcorn: "Double Duty Dollars," "Loaded For War," "The Line Is Busy," "Axis Smashed in Africa," "News parade of 1945," "Mission Completed," "Crime of Korea," "Voyage to Recovery," "Salute to the Naval Air Reserve" and "Soldiers All."

Veterans, active military and their immediate family members receive free admission to the museum gallery.

Special military theme museum tours start at 1:30 and 3:30 p.m.

Attendees can register to win reproductions of World War II posters. The larger reproduction posters will be offered in a chance drawing. The 8" x 10" reproductions of selected posters will be free to attendees.

Vietnam War and Operation Desert Storm veterans will be available to answer questions and discuss their experiences. A representative from Fort Riley will distribute information and history on the fort.



If you go:

What: "Saluting Our Veterans"
When: 9 a.m. to 4 p.m. Nov. 11
Where: Kansas History Center and Museum, 6425 SW Sixth Avenue, Topeka.
Admission: Adults \$4, seniors \$3, students \$2
Directions: Take the Interstate 70 exit 356 in Topeka. The corner of Sixth and Wanamaker is undergoing construction through the end of the year. Traffic is routed to exit 356 at Sixth Street and Wanamaker Road, west to the Kansas History Center and Museum.
For more information: Call (785) 272-8681 or visit <http://www.kshs.org> on the Web.

Operation Iraqi Freedom.

The GI. Bill of Rights Oral History Project will be initiated at this event. Veterans will be invited

to participate by completing a short questionnaire describing their military background and the use of the GI. Bill.

K-State slates music events

Special to the Post

MANHATTAN — Kansas State University's department of music will present several events in November. All performances are free and open to the public unless otherwise noted.

For the most recent schedule, visit www.k-state.edu/music

Upcoming events include:
• **Nov. 5:** K-State Singers and Men's Glee Club, conducted by Gerald Polich, perform at 7:30 p.m. in McCain Auditorium. Admission is charged.

• **Nov. 6:** The Flint Hills Choral Festival runs from 9 a.m. to 5 p.m. in All Faiths Chapel Auditorium. Admission is charged.

• **Nov. 9:** The K-State Brass Ensemble, conducted by Gary Mortenson, performs at 7:30 p.m. in All Faiths Chapel Auditorium.

• **Nov. 11:** The K-State Faculty Brass Quintet performs at 7:30 p.m. in All Faiths Chapel Auditorium.

• **Nov. 14:** K-State Flutes, conducted by Mary Lee Cochran, perform at 1 p.m. in All Faiths Chapel Auditorium.

• **Nov. 14:** K-State ensemble Collegium Musicum, conducted by Bruce Gbur, performs at 3 p.m. in All Faiths Chapel Auditorium.

• **Nov. 15:** K-State faculty member Eduardo Orozco, piano, performs at 7:30 p.m. in All Faiths Chapel Auditorium.

• **Nov. 16:** Sticks and strings student recital begins at 7:30 p.m. in All Faiths Chapel Auditorium.

• **Nov. 18:** General student recital begins at 11:30 a.m. in All Faiths Chapel Auditorium.

• **Nov. 18:** Guest artist Johannes Dietrich, violin, performs at 7:30 p.m. in All Faiths Chapel Auditorium.

BRIGGS

3 x 10.5"

FULL COLOR/ 1/4 PG BRIGGS